



Weekly Careers News for WA

Weekly Careers News

For Western Australia

Monday 15 April, 2024

What's On

Upcoming Events

ECU | Open Day 2024

April 21 to April 28, 2024

At our 2024 Open Days you'll get advice on courses and careers, can watch exhibitions and tour a campus, be fed by food trucks, enjoy entertainment and maybe win a great prize! It's a day you don't want to miss.

- South West Campus: 21 April
- Mount Lawley Campus: 28 April

[Find out more](#)

Sancta Sophia College | Virtual Sancta Dinner for Undergraduate Women in 2025

April 16, 2024

Residents of Sancta invite undergraduate women from across Australia who will be commencing or continuing their studies in 2025 to virtually dine with them from the comfort of your own home, whilst learning more about living on-campus and studying at Sydney's major universities, including The University of Sydney, The University of Notre Dame, and University of Technology Sydney (UTS).

You will have the opportunity to meet our resident leaders, ask them questions about life at Sancta and at university and learn more about our application process.

[Find out more](#)

ACU | Talk with Cyber Experts

April 17, 2024

Join us online to hear from ACU alumni about life after university. Take part in a Q&A session with our graduates and get an insider's perspective on working in cybersecurity and software development.

[Find out more](#)

ACU | Talk with Occupational Therapists and Speech Pathologists

April 18, 2024

Join us online to hear from ACU alumni about life after university. Take part in a Q&A session with our graduates and get an insider's perspective on working in occupational therapy and speech pathology.

[Find out more](#)

UN Youth | WA State Conference 2024

April 19 to April 21, 2024

UN Youth WA State Conference is a three-day event for passionate young people to gather from all across Western Australia!

Engage with the most important issues facing our global community and develop a greater understanding of the role you can play in shaping our global future.

Join us for a weekend of leadership, diplomacy, and advocacy!

[Find out more](#)

NIE | Pathways into Medicine and Dentistry Live Webinar

April 22, 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](#)

ECU | Year 11 & 12s Engineering Showcase

April 24, 2024

We are pleased to invite you to attend one of the three School of Engineering's Year 11 and 12 Course and Careers Information sessions so you can discover why engineering is such a great profession and how ECU can provide you with an excellent start to a highly rewarding career.

Hear from current students and alumni speakers about their experiences at ECU and the transition into exciting industry roles.

Chat with academics about the wide range of engineering course offerings, entry requirements, scholarships, and student support services at ECU.

[Find out more](#)

Important Future Events

Notre Dame | Fremantle Open Day 2024

May 4, 2024

This is your opportunity to get a taste of life as a Notre Dame University student, chat one-on-one with academics, alumni and current students and have your study/career questions answered by the experts. You'll also be able to tour our charming town campus, attend information sessions, join interactive workshops, enjoy live entertainment, freebies and much more!

[Find out more](#)

ANU | Early Entry Application Q&A

May 7, 2024

An opportunity to get your last minute questions about our direct entry application answered by staff from admissions and accommodation before applications close on 13 May 2024. They will answer commonly asked questions, and there will be time for you to ask your own – come prepared with any questions you might have!

[Find out more](#)

Torrens University | Virtual Open Day

May 7 to May 9, 2024

Ready for the next step on your career journey? Join us online as our academics talk you through the courses on offer and how you can get the most out of studying with us. Learn about scholarships, internships and what sets us apart from other universities.

- Design and Creative Technology: Tuesday 7 May – 6 – 7pm (AEST)
- Health and Education: Wednesday 8 May – 6 – 7pm (AEST)
- Business and Hospitality: Thursday 9 May – 6 – 7pm (AEST)

[Find out more](#)

Perth Careers Expo 2024

May 16 to May 19, 2024

The only careers event in WA that brings together over 120 organisations. It attracts local and national universities, various vocational and professional training providers, industry associations and employers. This event is for students, graduates and job seekers. It's perfect for anyone pondering their future, seeking personal development and training opportunities.

[Find out more](#)

YES (Young Entrepreneur Summit) Perth

June 19, 2024

Led by young leaders, for young leaders, YES (Young Entrepreneur Summit) is Australia's Premier Youth Leadership Day. It's a one-day, interactive summit designed to inspire and empower a generation of brave, creative and entrepreneurial young leaders.

YES is a super high energy, action-packed event for Primary School and Secondary School students that features keynote presentations, panel discussions and interactive group workshops on a whole range of

'adulting skills' such as leadership, public speaking, financial literacy, ideation, collaboration and team work.

[Find out more](#)

Study

Study Tips

How to ask your teachers for help if you're falling behind

Falling behind in class or feeling like you're not understanding something can be upsetting, and sometimes overwhelming. And the thought of needing to ask your teachers for help can be even more stressful on top of that. But don't fear – your teachers are there to help you out. You shouldn't feel guilty about asking for help, but there are some things you can do to make sure you get the most out of it. Here's what to do and how to ask your teachers for help.

Be specific

Instead of just giving up and saying "this subject is too hard" or "I just don't get it", it's much more constructive (for both you and your teacher) if you can pinpoint the areas you need help with the most. Take a look back at your work and try to find the specifics on what you're struggling with. For example, you might be able to remember a mathematical formula off by heart, but struggle when it comes to complex problem solving. Maybe you have a great idea for a short story, but can't quite get the grammar right. If you have examples of things you didn't get right on tests or assignments, bring those in so you can ask what went wrong.

Be proactive

To get the most out of the help from your teacher, it's best to ask as soon as you realise you're struggling – leaving it until after you receive a bad mark on your assignment isn't a great idea. The more time you have to work through an issue, the more likely it is you'll be able to sort it out, instead of adding extra pressure on already stressful deadlines and due dates.

Be respectful

Generally in life, people will be more receptive to helping you if you treat them with kindness and respect. Try and approach your teacher at an appropriate time (i.e. not while they're rushing between classes) and be polite.

If your teacher has marked you down or given you a bad grade for reasons you don't agree with, approach the situation with a cool head. Being upset and arguing about it is unlikely to change the outcome – asking questions and seeking feedback is much more helpful.

Be flexible

If you're unable to ask your teachers for help, there are other people you might be able to approach instead. This could be a good friend, a sibling, a parent, or even help from an external tutor. Just remember our second point – the earlier you ask the better!

Be kind to yourself

Remember, there's nothing wrong with needing to ask for help. Don't feel embarrassed or guilty about assistance – there are lots of people around who are more than willing to help out.

If you've already asked and you're still struggling, that's OK too. You should consider speaking to your parents/carers or school about other support options available.

Want some more study tips? Take a look on our website [here](#).

Work

Job Spotlight

How to become an Agronomist

Agronomists advise farmers, industry partners and government on all aspects of farming and agriculture. They conduct research and use the findings to help improve farm production and control problems such as disease and pests. Agronomists may also help implement the latest technology on farms to boost sustainability and productivity.

If you love the outdoors and don't mind getting your hands dirty, and are a great problem-solver and communicator, agronomy could be your perfect future career.

What skills do I need as an agronomist?

- Love nature
- Analytical & thorough
- Good problem-solving skills
- Great communication skills
- Can do both outdoor & desk work
- Trustworthy & reliable
- Critical thinker
- Good time management skills

What tasks can I expect to do?

- Collect & analyse samples and data
- Advise farmers on techniques to improve production
- Identify problems such as diseases, pests & weeds
- Advise farmers on how to deal with issues
- Provide advice on caring for & breeding animals
- Research environmental factors that influence farm production
- Advise farmers, industry bodies & government on research findings
- Stay up-to-date with the latest technology & science in agriculture

What industries do agronomists typically work in?

- Agriculture, Forestry & Fishing
- Professional, Scientific & Technical Services
- Public Administration & Safety

What Career Cluster do dog agronomists into?

Because their work involves helping and guiding others with their skills and knowledge, most agronomists typically belong to the [Informer Cluster](#).

What kind of lifestyle can I expect?

Part-time opportunities aren't very common for Agronomists. You'll need to be on site often, but you may be able to do some work remotely or from home, such as collating findings and researching. Many farms and agricultural businesses are based in regional and rural locations, so there could be more opportunity for work in these areas.

Most Agronomists earn an average wage throughout their career.

You will need to be prepared to get your hands dirty as well as do some work at a desk. There will also most likely be lots of face-to-face interaction with farmers and other stakeholders.

How to become an agronomist

To become an agronomist, you typically need a Bachelor's degree in agricultural science, forestry, or a related field. You may prefer to complete a relevant vocational qualification and become an agronomist with lots of hands-on work experience.

On-the-job training is common, and you may also need to earn additional certifications in specific areas such as pesticide application or soil science.

If you're in high school now and are thinking of a career as an agronomist in the future, here are some steps you could take:

- Try to find work experience in an agricultural setting, such as on a farm or at another agricultural business. This is a great way to immerse yourself in the industry and find out if it's a passion you want to follow.
- Consider volunteering or finding casual work to build on important skills such as communication, problem-solving and time management.
- Talk to or watch videos of agronomists or other agricultural scientists to find out what their day-to-day life is like, and start building connections and networks for the future.

Find out more here:

- [Agronomy Australia](#)
- [Agronomy Society of New Zealand](#)
- [BASIS](#) and the [Association of Independent Crop Consultants](#) (UK)
- [ASA Ireland](#)
- [American Society of Agronomy](#)
- [Canadian Society of Agronomy | La Société canadienne d'agronomie](#)

Similar careers to agronomist

- Conservationist
- Farmer
- Horticulturist
- Urban Planner
- Veterinarian
- Agricultural Scientist
- Marine Biologist
- Environmental Scientist

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

Work Experience

The skills you could learn from work experience

If you're contemplating getting some work experience, you might've read that most of your time will be spent observing. Understandably, you might be a bit confused about the skills you could be taking away from your work experience placement.

Well, not *all* work experience will be watching and learning (and even it is, at least your observational and note taking skills will be top notch by the end of it). In reality, you'll probably be leaving your placement with new or improved technical skills that are specific to each job or industry. Let's take a look at what some of these skills are.

Skills you'll learn from work experience

There's way more to work experience than you might realise. In fact, just applying for a position and turning up will guarantee that you have demonstrable talents to add to your resume. Here are just a few examples of skills you'll need at work and that you could develop during your work experience placement.

Problem-solving

You won't be expected to solve any big problems on your placement, but finding solutions to how you'll get there each day, arrive on time, and organise your day are still all examples of this skill.

Time management

Arriving on time, knuckling down, and getting tasks done are all a part of building this valuable skill.

Communication

Having to work closely with your supervisor, other employees, and customers means both your verbal and non-verbal communication skills will get a workout. In addition to honing your communication talents, you might find that your active listening, collaboration, and diplomacy abilities are improved too.

Teamwork

Working well with other people, listening to them, following instructions, engaging, and adding value in the workplace are all demonstrable teamwork skills, highly desired by most employers.

Professionalism

This includes looking the part, taking the job seriously, trying your best, and using appropriate language.

Networking

Have you heard the phrase "it's not what you know but who you know"? Well, it's very true in many aspects of life, so learning how to network could open up lots of opportunities for you.

Business etiquette

Knowing how to write professional emails, the best way to answer the phone, when to step back from a situation, and how to remain professional in all situations are invaluable when you're looking for paid work.

Initiative

If you finish a task and your supervisor is busy, wash up the mugs, do some filing, or ask around if there's another job you can do to help out – just be proactive. Also, let your employer know if you have an idea about trying something new or different that could help get the job done.

Work ethic

Don't complain, don't slack off and take advantage of the fact you're not at school, don't take excessive breaks, and don't spend time on your phone. Do try your best, give everything a go, and ask for help if you need it.

Willingness to learn

Be enthusiastic, show you're ready to listen and learn, try new things, follow instructions, and don't be a know-it-all.

Computer, technical, and practical skills

You probably already have a great understanding of technology, but using it in a workplace environment, and using new programs, software and equipment will only expand your knowledge.

Customer service

Dealing with the public isn't always easy, so learning how to handle tricky situations, keep customers happy, or just provide people with the information they need is a great skill to have in any industry.

Confidence and self-esteem

These might not sound like typical workplace skills, but they're really important as you go through life. They'll help you reach goals, take opportunities, challenge yourself, and ultimately help you move forward.

To get the most out of work experience...

Ask lots of questions at your placement to maximise the benefits from being there. Your employer and colleagues recognise that you're there to learn, so don't feel embarrassed or that you're annoying them. If appropriate, take a notebook and write things down as you go. You might think you'll remember all the important stuff, but knowing it's all written down is great peace of mind.

Once your placement is over, think about the skills you gained from your experience and make sure you add them to your resume or portfolio.

Want more?

If you're looking for more information, we have heaps of other blogs you can read on our website [here](#).

Skills for Work

Example responses to job application questions

You might have already thought about doing mock interviews to practise answering interview questions. It is, after all, a crucial stage of any job application. But before you even get to the interview, you might be required to answer some questions as part of the initial application. If you're feeling a bit unsure about

how to answer job application questions, we're here to go through what you might be able to expect and provide some example responses for you to follow.

Tips for answering job application questions

Before we begin, here are some of our tips to help you ace your application.

- Don't just answer the question reflexively – give some thought to what the employer is trying to find out and respond appropriately.
- Use the job description and your research on the company to supplement your answer with relevant information.
- Use the STAR technique (AKA “show don't tell”) to answer where possible. Provide concrete examples, not just statements.
- Write original answers – don't copy and paste from resumes or cover letters.
- Avoid plain “yes” or “no” answers.
- Don't leave fields empty.

Common questions you might be asked

Here are a few example job application questions and responses to help you out if you're struggling with writer's block. We recommend you don't just copy the answers – use them as inspiration.

Why do you want to work here?

Employers want to know if you've given serious consideration to your application. You need to show that you've done your research and understand exactly what the job entails.

“Your company stood out when I was researching the leading IT Solutions companies. I am aware of your dedication to the development of innovative consumer products and I believe that this role would be the perfect fit considering my strong IT background.”

Why do you think you are suitable for this role?

Explain how your skills, knowledge and experience match the job outline, while also explaining your motivation and goals.

“I have always wanted to work as graphic designer that embraces change and provides great user experience. My studies have helped me to develop key artistic and organisational skills, while the experience that I gained from working on the school magazine has been the ideal preparation for a job in this field. I would relish the opportunity to be part of the team that works on your upcoming projects to learn more about the processes involved.”

Can you briefly outline your relevant skills and experience?

Even if you haven't got any direct experience, yet, you can still highlight any transferable skills that relate to the role. Turn your answer into a positive one by making it clear that you want the job in order to gain experience in the area.

“Although I haven't had the opportunity to get work experience in a marketing company yet, I have already created high level concepts that have been used by the organisation where I volunteer, I was the copywriter on a number of marketing campaigns through the school magazine and have generated interest in my work through my website, which I designed myself.”

Can you give us an example of how you made a positive contribution to a team and what the outcome was?

Talk about a time that you were recently expected to achieve a goal in a team setting. Discuss how you went above and beyond to ensure that your contribution made a difference.

“I was elected as captain by my soccer team and committed to winning a few games this season. Along with the coach, I implemented a reward system and encouraged everyone to attend extra training and organised some workshops with other professionals.”

Tell us about your strengths

Identify two or three of what you'd consider to be your best attributes. If you're struggling to think of what they are, what do you often get good feedback for? Make sure you mention how they'd be an asset to the job you're applying for.

What are your weaknesses?

You don't want to undersell yourself or turn off employers, but you also don't want to say nothing. This is an opportunity to show your self-awareness. Follow up with how you'd like some professional development in that area and mention how you've already been working towards it – a specific goal that you're working towards perhaps?

For example, if you're a bit shy, you could talk about ways that you're taking on public speaking roles and putting yourself forward for leadership or performing roles at school to.

We all have to start somewhere

You don't have to wait until you're applying for a job to start practising how to answer application questions. You could go online and find jobs similar to the ones you think you'd like to apply for, then go to the application page and copy the questions. Write your answers and ask somebody else to read them and suggest ways you could improve.

If these example responses to job application questions have you wanting more tips, you might like to read some other blogs on our website [here](#).

Grow

Money

5 essential budgeting tips for teenagers

As a teenager, learning how to manage your money effectively is an essential life skill that can set you on the path to financial success. Budgeting not only helps you make the most of your earnings, but also builds discipline and responsible financial habits. In this blog, we'll explore five budgeting tips specifically tailored for teenagers, helping you to take control of your finances and pave the way for a secure future.

Set clear financial goals

Having clear financial goals is the first step toward successful budgeting – after all, it makes it easier to save if you have something to save for, right? Take some time to identify your short-term and long-term objectives. Are you saving for a specific item, like a new smartphone or a trip? Or do you have more long-term goals, such as saving for university or starting a small business? If you have a goal in mind, you'll be more motivated to stick to your budget.

Track your expenses

Keeping track of your expenses is crucial to understanding where your money goes and identifying areas where you can cut back or save. Make a habit of recording your spending – this can be through a budgeting app (such as [Buddy](#) or [PocketGuard](#)) or even just in a simple notebook.

Categorise and track *all* your expenses (such as entertainment, transportation, or eating out) to get a clear picture of your spending patterns. This practice will help you make informed decisions and make adjustments as needed.

Differentiate between needs and wants

It's easy to get carried away with impulsive purchases, especially when you're bombarded with ads constantly and online shopping is just so easy. But learning to differentiate between needs and wants is vital for maintaining a balanced budget. Before making any purchase, ask yourself if it's a necessity or a desire. When you focus on what you need first, you can prioritise your spending and allocate any remaining funds toward your "wants" without jeopardising your long-term goals.

Be realistic

A budget acts as a roadmap for your finances, guiding you toward your goals. To create a realistic budget, start by calculating your total income, including allowances, job earnings, and any other sources of money. Next, list your regular expenses, such as school supplies, transportation costs, and personal items. Don't forget to allocate a portion of your income toward savings and emergencies. Ensure your expenses don't exceed your income, and leave room for unexpected expenses. Regularly review and adjust your budget to stay on track.

Save and invest wisely

Saving money isn't just about setting it aside; it's also about making it grow. Explore different savings options available to teenagers, such as opening a savings account or investing in low-risk ventures. We recommend you seek guidance from a trusted adult or financial advisor to understand the various investment opportunities suitable for your age and financial goals before setting out on your own.

Become a budgeting pro

Mastering budgeting as a teenager can have set you up for financial wellness throughout your life. Remember, the earlier you start, the better off you'll be in the long run. Embrace these budgeting tips, and enjoy the journey toward financial independence and success. You can find lots more info and advice on all things financial on the [Money Smart website](#), or check out some more budgeting tips for teenagers on our website [here](#).

Health & Wellbeing

Are you getting enough sleep?

We hear everywhere that teens should be getting an average of between 8-10 hours per day of good quality sleep. But [recent studies](#) have shown that many teens aren't getting enough rest at night. So why is it so important to get a good night's sleep, and are you getting enough? Let's take a look.

Why do you need sleep?

Sleep is critical for your overall physical and mental health.

- Your body repairs itself and carries out essential maintenance when you sleep.

- You grow when you're asleep.
- Your brain processes information while you sleep (so it definitely helps your memory and learning skills too).
- Sleep allows you to function effectively the next day by improving your concentration and having higher energy levels.
- Sleep is a mood enhancer (just see how cranky your parents are after too little sleep, or watch a toddler going into melt-down when they're over tired).

What is good sleep?

According to the [National Sleep Foundation](#), good quality sleep is summarised as:

- You sleep a total of seven to nine hours in a 24-hour period, more often than not;
- Falling asleep in 30 minutes or less;
- Waking up no more than once per night, or for no more than 20 minutes in total;
- You feel refreshed when you wake up (not immediately – those people are a rare breed – but once you've had time to fully wake up);
- You feel alert and productive during the day.

Tips for better sleep

If you're not getting the required amount of Zs each night, here are some tips that might help.

Get comfy

Make sure you have a comfy mattress and pillow that suits your body type.

If you're a light sleeper, consider using black out curtains, eye masks, and even ear plugs (but make sure there's someone around to wake you up if you sleep through your alarm).

Get the temperature right for you by making sure you're not going to get too hot or too cold.

Establish a good bedtime routine

Back in our cave dwelling years, the signal for humans to sleep was when it got dark...but that's not so practical in our modern lifestyles.

But you can help your body to recognise it's nearly time to sleep. This could help you get to sleep earlier, more quickly, and get that better quality sleep.

Warm milky drinks, almond milk, chamomile tea, coconut water, banana smoothies, and tart cherry juice are all reputed to induce better sleep. Do a bit of yoga, meditation, or light stretches, have a relaxing bath or shower, or read a book.

Exercise

Doing some exercise during the day could definitely improve your sleep. There's no right and wrong way to exercise, so do whatever you enjoy; bike riding, walking, running, skate boarding, swimming, or playing cricket – just try and do a little bit every day.

Get outside

Sometimes you might not see the daylight all that often. Between school, study, and downtime, it can be tricky. But letting your body get more exposure to daylight could help your brain figure out when it should be awake, and conversely, when it should be asleep.

So consider studying on the patio or near a window. Maybe walk to school instead of taking the bus (you've just done your exercise for the day too), or take your breakfast outside and enjoy some sun on your face. It costs you nothing and is definitely worth a shot.

Things to avoid

There are some things that are counter-productive to sleeping. You won't have to avoid them all the time, but you could try cutting them out (or down) in the hours before bedtime and see if it makes a difference.

- Stimulants like caffeine after mid-afternoon; chocolate's also a potential stimulant so you could try and avoid that too.
- Heavy meals and other indigestion triggers close to bedtime.
- Emotionally upsetting conversations – put them off until the morning if you can.
- Too much activity just before bed.
- Excessive screen time.

Use tools to help you

There are lots of people out there who suffer with insomnia and other sleep issues. While that kind of sucks (especially when you're one of them), the good news is that there are lots of apps that could benefit you.

- [Calm](#) has a range of guided meditation, sleep stories and music all designed to help you sleep easier and better.
- [Pzizz](#) uses [psychoacoustics](#) (a combination of sounds that affect the body's responses – from heart rate to breathing, etc.), to help you fall asleep faster and stay asleep.
- [Noisli](#) is perfect for those who can't sleep when it's too quiet, allowing you to create the perfect ambient background sounds.
- [Headspace](#) can help you learn to meditate, which could also help you improve your ability to relax.
- [Sleep cycle](#) will monitor your sleep and could improve it by helping you find problem areas and establish better routines. It also has an alarm which will wake you up when you're in a light sleep rather than a deep sleep, which might make the waking up process easier and more pleasant.

If you can't avoid the temptation of screen time (or you're using an app), then you could try reducing the brightness of your screen, or turn on the [blue light filter](#). While you're at it, try reducing the brightness of the lighting in your bedroom too.

It's also great to set your phone on night mode – it will automatically turn on at night and off in the morning (you select the times) and you won't receive notifications or alerts during that time (but yes, your alarm will still work).

Find out more

Ultimately, improving your sleep habits could make you happier, healthier, and help you study easier.

You can read more health and wellbeing tips on our website [here](#).

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