



Weekly Careers News for WA

Weekly Careers News

For Western Australia

Monday 6 May, 2024

What's On

Upcoming Events

AFP | Protective Service Officer online information session

May 7, 2024

Join us for an online information session on Wednesday 8 May at 6pm (AEST) where you will hear the lived experience of our PSOs and learn about the process to join.

You'll also have an opportunity to ask the panel questions.

[Find out more](#)

ACU | Talk with Artists and Creatives

May 8, 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 the arts.

[Find out more](#)

NIE | Pathways into Medicine and Dentistry Live Webinar

May 8, 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](#)

Study Work Grow | Early Entry in 2024 - a PD session

May 9, 2024

Join Lucy from Study Work Grow for a Professional Learning session which looks at the Early Entry landscape in 2024.

This will be an interactive 30-minute session, with time for questions at the end.

[Find out more](#)

Notre Dame | Doctor of Medicine Information Session

May 9, 2024

Join us for an online information session designed to provide you with crucial insights into Notre Dame's Doctor of Medicine program. This webinar offers a unique opportunity to delve into the program's structure, entry pathways, and exciting new developments.

[Find out more](#)

ECU | Year 11 and 12 Parent Information Session

May 9, 2024

For parents of students in year 11 and 12, navigating the conversations about life after high school can be daunting. ECU's online information session is designed to alleviate your concerns and provide all the information you need to guide them through Year 11 and 12 and beyond.

Join the Future Student Engagements Team at our online Year 11 and 12 Parent Information Evening and we will cover:

- ECU Course options
- Entry Pathway options
- Application Processes
- Fees and Scholarships
- Support Services

[Find out more](#)

Girls Who Build – Let's talk tools of the trade with ADCO's Apprentice Carpenters & Site Supervisors

May 13, 2024

This session aims to empower young women to hear about the exciting Carpentry Apprenticeships and Site roles from our Women of ADCO. Learn about these roles and discover the vast array of career paths available in the dynamic construction industry. Hear inspiring stories from successful women in construction. Learn about carpentry apprenticeships and site supervisor roles, explore educational pathways, and connect with professionals and peers who share your interests and aspirations.

[Find out more](#)

ACU | Talk with Psychologists, Youth Workers and Social Workers

May 14, 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 psychology, youth work and social work.

[Find out more](#)

Girls Who Build – Let's talk tools of the trade with ADCO's Design Managers and Coordinators

May 14, 2024

This session aims to empower young women to hear about the exciting Design Managers and Coordinators roles from our Women of ADCO. Learn about these roles and discover the vast array of career paths available in the dynamic construction industry. Hear inspiring stories from successful women in construction. Learn about carpentry apprenticeships and site supervisor roles, explore educational pathways, and connect with professionals and peers who share your interests and aspirations.

[Find out more](#)

STEM for the Next GEN

May 15, 2024

Have a love for science, maths and/or technology but not sure how to turn that love into a flourishing career? Join the City of Kalamunda for this year's Careers Week Highlight event talking all things STEM! With a speaker line-up full of young aspiring STEM leaders, learn how they transformed their love for space, animals and robots into a career!

[Find out more](#)

ACU | Talk with Specialist Nurses

May 15, 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 specialist nursing.

[Find out more](#)

Girls Who Build – Let's talk tools of the trade with ADCO's Project Engineers

May 15, 2024

This session aims to empower young women to hear about the exciting Project Engineering roles from our Women of ADCO. Learn about these roles and discover the vast array of career paths available in the dynamic construction industry. Hear inspiring stories from successful women in construction. Learn about carpentry apprenticeships and site supervisor roles, explore educational pathways, and connect with professionals and peers who share your interests and aspirations.

[Find out more](#)

Girls Who Build – Let's talk tools of the trade with ADCO's Graduates & Cadets

May 16, 2024

This session aims to empower young women to hear about the exciting Graduate and Cadet programs from our Women of ADCO. Learn about these roles and discover the vast array of career paths available in the dynamic construction industry. Hear inspiring stories from successful women in construction. Learn about carpentry apprenticeships and site supervisor roles, explore educational pathways, and connect with professionals and peers who share your interests and aspirations.

[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](#)

William Angliss Institute | Industry Insights: Event Management & Career Pathways Q&A

May 16, 2024

Want to know about the creative, fast-paced events industry?

Join us as we interview former Event Manager and now Industry Trainer and Author, Effie Steriopoulos, as she shares insights into the occupation and event roles in this space, her own experiences, career pathways, skills needed and more to thrive in the event management industry.

[Find out more](#)

William Angliss Institute | Industry Insights: Tourism & Career Pathways Q&A

May 16, 2024

Ever wondered about working as a Tour Guide or in the tourism industry?

Join us as we speak to Tour Guide, Industry Trainer and William Angliss Institute alumni, John O'Donnell, learning about his journey in the industry, the sorts of career opportunities available in the tourism space, the types of places you could work at, skills needed and more.

[Find out more](#)

William Angliss Institute | Industry Insights: Aviation & Career Pathways Q&A

May 17, 2024

Join us as we interview former Cabin Crew member and now Industry Trainer Michelle Hemsley to learn more about the role and her journey with Emirates Airlines, Virgin Australia and more.

Explore different career options and hear about the pathway of becoming a Cabin Crew member, which skills you'll need and the experiences that count towards this exciting profession.

[Find out more](#)

Girls Who Build – Let's talk tools of the trade with ADCO's Estimators & Contract Administrators

May 17, 2024

This session aims to empower young women to hear about the exciting Estimator and Contract Administrator roles from our Women of ADCO. Learn about these roles and discover the vast array of career paths available in the dynamic construction industry. Hear inspiring stories from successful

women in construction. Learn about carpentry apprenticeships and site supervisor roles, explore educational pathways, and connect with professionals and peers who share your interests and aspirations.

[Find out more](#)

Important Future Events

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](#)

Study

University

What's the difference between business and commerce?

If you're keen to learn more about the world of enterprise at university, you might already be looking into your future degree. And you also might have run into this conundrum – should I study business or commerce? You might even be wondering, are these two degrees even different? We're here to answer your questions, and the first is, yes, there is a difference (we promise). Read on to find out more about the finer details of the difference between business and commerce.

Business: broad knowledge

A business degree is usually the first thing that comes to mind when you think about studying business at university. This is a common course that you can study at pretty much any university, and for a good reason.

A business degree equips you with the foundation skills you need to work in almost any industry and role. If you're not quite sure which area you'd like to specialise in, or you just want to be an all-round pro, business is an ideal choice.

As a general rule, you'll also learn more "people-centred" skills in a business degree; think things like communication, sales, leadership, marketing, and so on. These are core skills you can take into any role, setting you up for future success.

But if you do want to specialise, you can do that too. You can always take a major (or two) and really expand your horizons. For example, you could study the [Entrepreneurship and Innovation](#) major at Murdoch University, or [Human Resource Management](#) at the University of Bedfordshire.

Business courses also tend to have slightly lower entry requirements. They're also incredibly popular, so you won't have to go far to find a university that offers this course.

Commerce: specialised knowledge

A commerce degree is for those who really want to get into the nitty-gritty of a particular business area. These courses tend to be much more thorough and in-depth, while focusing on a particular area.

A commerce degree gives you specialist skills and knowledge in your chosen area. These degrees are more analytical, and commonly involve a bigger emphasis on mathematics. If you have a particular career path in mind, a commerce degree can be a great way to learn the specific skills you need to get there. Some common majors for commerce degrees include things like [Business Analytics](#) from Carleton University, or [Economics](#) from the University of Auckland.

Commerce courses can have slightly higher entry requirements, and also sometimes include mathematics as a prerequisite.

The similarities?

Although they have their differences, the business and commerce degrees share a lot of similarities as well.

Both are great at equipping you with the skills and knowledge you need for your future career. One isn't inherently "better" than the other, and what you learn in each will differ from university to university.

You might also see some universities offer the same major in both degrees – in this case, the content is usually largely the same and both degrees would be considered equally by employers. For example, the [Accounting](#) major is offered in both of La Trobe's business and commerce degrees – the only things that might differ between the two are other core subjects, and which electives you can choose to study.

The final decision

When making a decision about which course to study, the best course of action is to always do your research. Read the course information and handbook for each course carefully, and see if there is anything about a particular degree or university you do (or don't) like.

Want to know more about your university options? Make sure to take a look at our other blogs and resources [here](#).

Study Tips

Time management hack – the Pomodoro technique

If you're struggling to be productive, finish assignments, meet deadlines, or keep your revision going smoothly, the Pomodoro Technique could make a difference. A time management hack, it's all about breaking tasks (and time) down into shorter, more manageable chunks and taking regular breaks.

Developed by [Francesco Cirillo](#) in the late 1980s when he used this technique at university, it's an effective tool that could help you to get more done. Let's take a look at how it works.

Do some preparation

This technique isn't magic, unfortunately – you'll still need to put in a bit of prep and make sure you follow through.

First, work out what you want to achieve and what time you have available to complete your tasks. You'll also need a timer – these days, you'll probably find one on your phone or computer.

If you find you're loving this technique, there are also plenty of [apps](#) that make it a breeze, some of which you can try or use for free.

The Pomodoro Technique – Step-by-step

Ready to start? Here's how it works.

Set your timer

Set the timer for 25 minutes and commit yourself to working on a single task without interruption. If something else pops in to your head while you're working, jot it down so you don't forget, but don't allow yourself to deviate.

When time's up

When the buzzer goes off, stop working and take a break. The key to the technique is to not be tempted to keep working – walk away from your desk for at least 5 minutes.

One cycle complete

One session of work and a break counts as a cycle or Pomodoro, and it's just 30 minutes in total. Keep track of how many cycles you've completed by making a note on a piece of paper – this can help you remember how long you need to accomplish similar tasks in the future.

Repeat

Go back to your task and repeat the Pomodoro cycle. After 4 or 5 Pomodoros, treat yourself to a longer break – 20 to 30 minutes is recommended.

Finishing up

Use a few minutes out of your last Pomodoro to go over all the work you've done and assess your progress. Stop when your task is complete or when you've run out of time for the day – whichever works best for you.

Wondering what the benefits are?

There can be quite a few benefits to using this technique, and the more you use it, the more effective it becomes.

You'll start learning to anticipate how long tasks will take you to finish, allowing for easier future planning. This all counts as building your planning and time management skills, which employers love to see in any job.

The technique can also teach you how to stay on track and avoid interruptions. If you're a major procrastinator, this is a really valuable skill for both study and work.

Taking regular breaks can prevent you from feeling burnt out and frazzled at the end of the day. Giving information time to sink in during breaks also increases your understanding and retention of what you've been learning.

Why not give it a go?

You might have to try the Pomodoro Technique out for a few days to get used to it and decide whether it works for you, but it's definitely worth a try if you've been struggling to keep up with a hectic study schedule.

And if you want more study tips, we have heaps more on our website [here](#).

Work

Job Spotlight

How to become a Makeup Artist

Makeup artists use their skills and knowledge of beauty products to select and apply makeup and other cosmetics to people. They work with people who need makeup for a wide variety of reasons, including for events such as weddings, actors working in film and on stage, or as specialists in a cosmetics store.

If you are creative, love to help people look and feel their best, and want a job that can give you a great degree of flexibility, becoming a makeup artist could be perfect for you.

What skills do I need as a makeup artist?

- Creative & artistic
- Great people skills
- Dextrous with a steady hand
- Good eye for colour
- Excellent communicator
- Flexible & adaptable
- Great time management skills
- Good problem-solver

What tasks can I expect to do?

- Choose the right products for a client's needs
- Apply makeup & other beauty products
- Advise clients on colours & styles
- Provide touch-ups to keep makeup looking fresh during long events
- Give clients advice on skin care
- Help people buy the right cosmetic products
- Keep up with the latest trends in fashion & beauty
- Teach others how to apply makeup correctly

What industries do makeup artists typically work in?

- Retail Trade
- Arts & Recreation Services
- Information Media & Telecommunications

What Career Cluster do makeup artists belong to?

Because their job involves helping others to look and feel their best, most makeup artists belong to the [Guardian Cluster](#).

What kind of lifestyle can I expect?

There is lots of flexibility in the working week of a makeup artist, with most working part-time or casually. Depending on your exact role, you may need to work evenings, weekends, or holidays (to attend events such as weddings, for example).

Most makeup artists earn an average salary throughout their career.

Many makeup artists have the opportunity to travel and work on location. You can also work out of a salon, retail outlet, or home studio. You might also like to consider freelance work or starting up your own business.

How to become a makeup artist

You generally don't need any formal qualifications to work as a makeup artist but, there are many vocational and short courses you can take that can help you build your skills and make you more appealing to potential clients. Makeup artists in specific industries (e.g. film and television) may require certain qualifications or certifications. You may also receive on-the-job training to learn specific skills and techniques.

Ongoing education and development throughout your career is also vital to ensure you stay on top of the latest beauty trends and techniques.

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

1. Try and find work experience in beauty, retail, or performing arts. This will give you some exposure to the industry and you can see if you enjoy the work.
2. Take short courses or workshops to start building on your skills and knowledge.
3. Practice doing makeup for friends and family, and ask for feedback so you know if there are any areas you need to improve.

Find out more here:

- [Confederation of International Beauty Therapy and Cosmetology](#)
- [Hair & Beauty Australia Industry Association](#)
- [New Zealand Association of Registered Beauty Professionals](#)
- [British Association of Beauty Therapy & Cosmetology](#)
- [Irish Screen Make-up and Effects Guild](#)
- [Professional Beauty Association](#) (US)
- [Allied Beauty Association](#) (Canada)

Similar careers to makeup artist

- Costume Designer
- Cosmetic Nurse
- Fashion Stylist
- Hairdresser
- Beauty Therapist
- Nail Technician
- Visual Merchandiser
- Performing Arts Technician

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

Jobs & Careers

13 unusual jobs you might not know exist

Some of the careers in this blog might lean more towards a weird more than just unusual. But you never know what's going to strike a chord and be the spark that ignites a career you'll love. Here's a quick read of 13 more unusual jobs you might not know exist.

Professional Cuddler

Yes, this is a real thing. You could be helping people who are struggling with loneliness, depression, trauma, medical problems, or who are simply in need of an extra cuddle...from a stranger.

Successful professional cuddlers might build an established clientele and develop repeat business, or you might just be open to one-off cuddles. You could carry out one or multiple cuddling sessions per day. Even better, the hours are flexible, and you can work from home.

Golf Ball Diver

Basically professional recyclers, golf ball divers retrieve golf balls from bodies of water in or around golf courses. The golf balls are then cleaned up, repackaged, and resold. You could be part of an organisation where you just turn up, dive, and earn a bit of money. Or you could negotiate contracts to work independently for golf courses.

It's not glamorous work, often involving heavy lifting and diving into murky waters filled with all kinds of hazards. The rewards? Well, you could earn upwards of \$100 per hour; [Glen Berger](#) claims to have made over \$15 million throughout his career.

Online Dating Ghostwriter

How about working as a modern-day cupid? You could earn cash by writing profiles for people to post on their online dating site profiles. Not everyone is great at writing, so you could help them to increase their chances of finding their perfect match.

Hippotherapy

The literal meaning of hippotherapy is "treatment with the help of a horse". You'd be using the therapeutic benefits of horses and their movement to help human patients to overcome speech, physical, or mental health disorders.

Experience with and love of horses isn't enough, unfortunately. You'll need to qualify and become licensed as a physical therapist, occupational therapist, or a speech or language therapist before you can specialise in this field.

Professional Bridesmaid

Not a wedding planner or celebrant, but still a major part of a couple's big day. A Professional Bridesmaid is more like a friend for hire – think organiser, confidant, and non-complaining member of the wedding party. If you get along well with people and want to help a bride's wedding day run smoothly, then this could seriously be a job to consider.

Read more about the job [here](#) and [here](#).

Water Slide Tester

Water Slide Testers check to see if the water slides in resorts, theme parks, and hotels are both fun and safe. Imagine how fantastic it would be turning up to work every single day...actually, you don't have to imagine – you can see what a day in the life of a Water Slide Tester involves in [this video](#).

Odour Judges

Odour Judges are hired by manufacturers of all kinds of products to test out their aroma before they hit the market. Essentially, you'd be sniff testing products to check if they smell good (or not). It's not just limited to perfumes either – think things like cleaning products, cosmetics, pre-packaged food, and toys. You might even help a brand establish their own signature scent, which is exactly what [twin sisters Dawn and Samantha Goldworm do with their firm 12.29](#).

Face Feeler

Face feelers are also known as “sensory scientists”, which definitely sounds much more professional. In this job, you'd be using your hands to feel product testers' skin both before and after they've used lotions, creams, and other products, then report back on the differences. You'll just need to be comfortable getting (very) close to other people.

Line Stander

Are you incredibly patient, or just enjoy people watching? If you don't mind being out in the elements, you could make a bit of extra cash as a line stander. This job is basically just like it sounds – you'll be holding a spot in line for someone else who can't (or doesn't want to) do it themselves. You might be waiting for the release of movie, concert, or sporting tickets, the newest iPhone or games console, or even in line at the dreaded Black Friday sales.

There are even [websites](#) available for booking these services if you want to sign up and get started ASAP.

Bed Tester

A temporary job usually, but one that's surprisingly not competitive, is a [professional bed tester](#). Bedding manufacturers, bed designers, and luxury hotels are just some of the clients who might require your services. You could be paid to test out comfort levels, sleep quality, room conditions, and other factors. If this sounds like your *dream* career (pun intended), you can find out more about what a job as a professional sleeper involves [here](#).

Pet Food Taster

Pet food is a multi-million-dollar industry, so it should come as no surprise then that it's taken very seriously. It's not just pets that are picky about what they eat – their owners can be very particular about the ingredients, health benefits, and smell of the food they're feeding to their beloved pets.

You'll have to assess products on packaging, smell, nutritional value, and – yes – the texture and taste as well. All in a day's work, right? Take a look at what the job involves in [this video](#).

Worm Picker

Worm pickers work in the great outdoors “hunting” and collecting earth worms. You could sell the worms directly to fishermen to use as bait, be contracted by commercial fishing companies, or work for educational institutions that use worms for teaching and research purposes.

No qualifications are required, but if you're paid per thousand worms collected, then you'll definitely need lots of commitment (and a firm grip) if you'd like to make a living from this job.

Gross Stunt Tester

Love shows like *I'm a Celebrity Get Me Out of Here* or *Survivor*? If you've ever watched the challenges taking place and thought "I could do that" – you might have a future as a gross stunt tester. It would be your responsibility to ensure tasks are safe and contain the maximum "grossness" factor. On the plus side, you could earn up to \$800 a day...and you have to wonder if there's really much competition for jobs.

Want to keep reading?

If you'd like to read about some other unusual jobs, check out our blog [11 careers you may never have heard of](#).

Searching for career inspiration but want something a bit less outlandish? Don't worry – there's lots more to explore on our website [here](#).

Grow

Money

What you need to know about Co-op Scholarships

Successfully applying for a co-op scholarship could do much more for you than simply covering your study costs. They come with heaps of other great perks too. So how can you access one of these amazing opportunities? Let's find out.

Premium scholarships with extra value

[Scholarships](#) are generally sums of money awarded to applicants who meet the eligibility requirements specific to that scholarship. There are thousands available from universities, private institutions, charities, and businesses all over the world. They could really make a difference to your tertiary education experience by removing some of the financial pressure, or help you start your working life with less debt than you'd otherwise have.

How great is that? Believe it or not, a co-op scholarship is *even better*.

Co-op scholarships go the extra mile. Not only do they provide some financial benefits (or in some cases *a lot*), they could also provide you with amazing extras such as:

- Access to mentors
- Leadership and development programs
- Work experience opportunities (both paid and unpaid)
- Guaranteed accommodation
- Access to workshops and special events
- Networking opportunities

Who can apply for a co-op scholarship?

Each scholarship is unique to the institution or provider, so you'll have to check you meet the eligibility requirements before you spend time applying.

Co-op scholarships are generally open to high achievers. If you think that doesn't sound like you, it's still worth checking – merit isn't just given for amazing academic results, although it is often a pre-requisite. Some scholarships will accept applications from people who've been recommended by their school for their outstanding contributions. Others want to reward individuals who've worked hard and made a

difference with community involvement, or perhaps have shown great potential with their leadership abilities.

Competitive but worth the rewards

These esteemed scholarships are highly sought after, so the applications can be highly competitive – but they are definitely worth your time applying.

Many of these programs have a 100% success rate for employment upon graduation. You might receive an income while you're still studying at uni, as some internships are salaried. If you don't leave university with a job already lined up, the fact that you received a co-op scholarship will look fantastic on your resume, could appeal to potential employers, and may have provided you with relevant work experience and useful industry contacts.

In other words, you'll definitely be ahead of the pack.

There are benefits to just applying for a co-op scholarship

Putting yourself forward for co-op scholarships will give you invaluable experience in completing intricate applications and doing well at interviews.

Your confidence could receive a little boost knowing that you're considered eligible, that your application was considered, and that you put yourself outside your comfort zone and survived intact.

In some cases, if your application isn't successful but the panel were impressed by your application, they could suggest alternative scholarships and programs to apply for.

Even if you don't exactly meet the eligibility requirements but you're close, or if you've excelled in some areas and your application really stands out, providers might just bend the rules for an outstanding candidate...it could be you.

So what's the catch?

If you're granted one of these highly prized co-op scholarships, you'll be expected to take your studies seriously. You'll have to make sure you stay on track and achieve your predicted results (or better).

Once you've enrolled at university and started your course, you'll probably have to maintain a minimum grade average in order to keep the scholarship. You might even have to comply with other requirements, such as:

- Helping out at orientation week
- Committing to helping out on campus
- Active involvement within your chosen department
- Attending *all* additional programs and events that come with the scholarship

Can I defer my co-op scholarship?

Some scholarships allow you to defer, but it's unlikely co-op scholarships will because they are so competitive and sought after – you'll need to check with the individual provider to confirm this though.

If you are successful in receiving a scholarship and then need to defer your enrolment, you might have to complete another application and go through the entire process the following year (if the institution allows for that).

Where can I find out more about co-op scholarships?

Each year at Study Work Grow, we do the research for you and put it all in one easy to read place. Keep an eye out for our updated Co-op Scholarships Guide, coming soon.

In the meantime, we have heaps of other blogs on [university](#) and [money](#). You might also like to browse our [free money database](#) and see if there are any opportunities for you.

Health & Wellbeing

7 great ways to recover from exams

Exam time can be super stressful, so it's only normal to be relieved when they're over. While part of you is probably feeling euphoric, you might also be feeling drained or even a bit down. We've put together some ideas that could help get you recover from exams and get back on track.

Celebrate

Go ahead, you most definitely deserve it! You could:

- Organise a get-together with all your friends
- Pamper yourself with a really special treat, massage, or day on the couch
- Have a night out with family or friends – you could go to the movies or eat at your favourite restaurant
- Have a day at the shops and indulge in some retail therapy (but set a budget first)
- Book yourself tickets to go to a music festival or concert
- Take a day trip and spend the day doing what you love, whether that's picnicking at the beach, hiking a local trail, or hitting the water park

Look after yourself

Repay your sleep deficit with some long lie ins and early nights – no doubt you've had plenty of late nights revising and stressing.

When you're occupied with study, it's often easy to overlook your diet as well. So you could take some time now to do some home cooking or indulge yourself with nourishing foods from your favourite café. Spend some time outside, relax, and breathe in some fresh air instead of the recycled stuff you might have been taking in at the exam halls and library.

Cleanse

Channel your inner Marie Kondo and have a huge clear out. Bin, sell, or recycle any books and study notes that you have no intention of using ever again. De-clutter your room and remove all the reminders of exams gone by. Then box up your study area and put it all away out of sight.

Plan a change

Taking a break away from home can be a great way to recover from exams. So why not plan a holiday, or even a gap year?

If you haven't got the time or the money available to do anything big, you could always arrange a camping trip and spend some time out in nature sleeping under the stars – what could be more relaxing than that?

Think ahead

This might not be right for everyone, but if you're really keen to put exams way behind you, you can start planning and organising for the next chapter of your life.

If you're about to finish school and are thinking of further study, then make sure you're as sorted as you can be. Research courses, look for scholarships, or even find a place to live.

If you're going to start work or an apprenticeship, you'll need to make sure you have everything ready to start receiving your pay, like a bank account. It might also pay to do some reading on tax and superannuation.

Have a look around for short courses, holiday programs, and workshops happening near you, or just look up fun events in your area where you could meet new people and open yourself up to new experiences and opportunities.

Build your experience

Find a job you'd like to apply for and just go for it, or see what volunteering opportunities there are near you.

You might like to start researching potential future [careers](#) – you might stumble across something that inspires you, find pathways that you didn't know about, or reaffirm a choice you've already made.

Whatever you do, don't forget to add all your new skills and experience to your resume.

Go with the flow

Just want to turn your brain off and do nothing? Make the most of your time off by simply sitting back and enjoying a bit of breathing room. We all need some downtime every now and then, so don't feel guilty about just taking each day as it comes.

Find out more

If you want some other ways to recover from exams, we have heaps of other wellbeing tips on our website [here](#).

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