



# Weekly Careers News for WA

## Weekly Careers News

For Western Australia

Monday 27 May 2024

What's On

### Upcoming Events

#### 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](#)

#### ECU | Year 11 & 12s Engineering Showcase

June 6, 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

### Curtin | Year 12 ATAR Economics Conference

July 2, 2024

Get ready for our annual ATAR economics conference designed to elevate your revision game and prepare year 12 students for success! We're bringing together industry leaders to share their expert insights and knowledge with you.

We have an exciting line-up of speakers, including renowned economist Paul Bloxham (Chief Economist HSBC) and Steven Kemp (Chief WACE marker and author of your textbook).

The conference will cover strategies for success, balance of payments, trade issues and foreign investment, tactics for section 2 of the exam, and how to master those tricky multiple-choice questions. Alongside captivating speakers and interactive workshops, your ticket includes morning tea, snacks, merchandise, and car parking.

[Find out more](#)

### 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](#)

### 2024 NYSF National Youth STEM Summit

August 17 to August 19, 2024

The NYSF National Youth STEM Summit is an exclusive three-day event, held annually in Canberra and designed for young Australians after they have left school, have started their first degree or training, and before they become more senior in their science and technology careers.

The STEM Summit is a conference-style event designed to support delegates' next steps in their career journeys. It enables delegates to connect with government, industry and academia and provides professional development opportunities through workshops, keynote presentations, networking events, a Careers and Study Expo, and discussions on the latest developments in STEM fields.

During the STEM Summit, there will be a number of opportunities for delegates to network with each other as well as with the wider STEM community. The STEM Summit will cumulate with a Gala Dinner at the Australian Parliament House to celebrate the 40th Anniversary of the National Youth Science Forum. The STEM Summit is open to people between 18 – 25 (who have completed high school), regardless of whether they have completed previous NYSF programs.

[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](#)

## Study

## University

## **ATAR cut-offs and how they work**

The [ATAR](#) is a rank. It measures you against the other students in your year, and gives you a number that is easily comparable. Universities need this rank because there are often more applicants than places, particularly in popular courses – that’s why they often set a minimum ATAR for entry into a course, also known as the ATAR cut-off.

But there are a lot of misconceptions about what this cut-off means, including for the quality of the course and the people applying for it. Let’s go over ATAR cut-offs and find out what they’re really for.

### **Why do courses have an ATAR cut-off?**

Like we mentioned above, it’s just the easiest way for universities to decide who gets what spots. The ATAR required to get into a course isn’t necessarily a reflection of the achievement level needed to complete the course or do the job.

For example, say a course has 100 places, but there are 200 applicants. The first 100 students to apply with a Selection Rank (their ATAR plus any adjustment factors) above the cut-off will secure the spots. In general, course places are allocated on a first-come-first-serve basis. In rare cases, students with the same Selection Rank may be further sorted based on other factors, like specific subject results or equity factors.

### **Can I still get in with an ATAR lower than the cut-off?**

Sometimes you may still secure a place in a course even if your ATAR is below the cut-off. This is because you may be eligible for [adjustment factors](#) (also known as bonus points) that bump your Selection Rank above the cut-off. Using the course example above, here’s a scenario where this is the case:

- Student 98 – 79 SR (ATAR of 79)
- Student 99 – 78 SR (ATAR of 78)
- Student 100 – 78 SR (ATAR of 76 plus 2 bonus points)
- Student 101 – 77 SR (ATAR of 77)
- Student 102 – 77 SR (ATAR of 76 plus 1 bonus point)

Student 100 got in because their Selection Rank (ATAR + adjustment factors) was 78. Student 101 didn’t miss out because they were incapable of completing the course; they missed out because their Selection Rank was lower than 100 other applicants. **That cut-off has nothing to do with student competence.** Some universities and courses also have special lower cut-offs for particular students, like those from regional areas or First Nations students, to try and attract a diverse range of people to certain careers. For example, the standard ATAR cut-off for entry into the University of Newcastle’s [Joint Medical Program](#) is 94.3 – but students from rural or regional areas only need an ATAR of 91.4.

### **Do course cut-offs change?**

If the general quality of applicants goes down, the next year may have a lower cut-off. And vice versa, if in the following year the course becomes even more popular, it may have a higher cut-off.

The quality of graduates depends on a huge range of factors, including teaching quality, opportunities to complete internships or work experience throughout your course, student engagement, support services, and more.

In some cases, courses that require a high level of commitment and study will have a higher cut-off. This is commonly seen in courses like medicine, law, and some engineering disciplines. Universities set a high cut-off to show that if you weren’t keen on studying hard at school, you probably won’t like the content of this particular course either.

And if there's a career or job in high demand, universities might also sometimes lower the ATAR cut-off to related courses to try and entice more students to skill up and fill the need.

### **If a course has a high/low cut-off, does that mean it's good/bad?**

Not necessarily. There's a common conception among students that courses with high cut-offs must be prestigious and special; and that courses with low cut-offs are perhaps not as comprehensive or meaningful.

But as we can see, there are actually lots of factors that go into deciding the cut-off for a course, not just how "difficult" or "smart" it is. And often, identical courses at different universities will have different cut-offs – so they might attract different applicants, but every student will still graduate with exactly the same qualification.

### **So, how are cut-offs decided?**

Put simply, cut-off scores are a reflection of:

- Course popularity (number of applications)
- How many places are available in the course
- Academic performance of the applicants
- Whether there are jobs in high demand

### **What if I miss out on a place?**

If you miss out on the course you'd like to do because your selection rank is lower than the cut-off or places fill up early, don't be disheartened – there are still other ways that you can secure a spot:

- Study the same course at a different university with a lower cut-off or more places
- Apply for a different course at the same university, then transfer internally on to your preferred course
- Study an alternative qualification, then use it to gain entry instead of your ATAR (your first qualification could even take some time off your second)

Your best bet is to contact the university directly and see what advice they can offer.

### **Find out more**

If you're curious to explore your study options, we have heaps of other blogs you might like to read on our website [here](#).

## **Study Tips**

### **Stay calm and succeed with these last minute study tips**

Even if you've been studying hard, it can be hard not to freak out as it gets closer to exam time. If you feel like you aren't prepared enough or haven't studied at all, there's still time to get some revision done. Here are a few last minute study tips to stop you from feeling overwhelmed and help you be productive with your studies.

### **Stop procrastinating**

We are all guilty of putting things off. Our advice is to change that today.

Set a timer and just do half an hour of work if that's all you can manage – the point is, the sooner you start preparing, the more ground you can cover and the less anxious you might feel as the exam approaches.

Another good tip is to leave your devices somewhere they won't distract you. Or if you need them to access information, turn off any apps that you don't need.

### **Take it one topic at a time**

There's a time and a place for multi-tasking, and this probably isn't it. Choose a single topic and give it all of your focus – if you want to take it a step further, break your subject down into categories.

Read over the information, make your notes, answer a couple of practise questions, or test your knowledge another way. Once you feel confident you have it covered or your timer goes off for that session, move on to the next section or category.

### **Breaks are important**

Little breaks during your study time are important, so have a walk around, grab a drink or snack, then get back to it. Spending a bit of time away from your desk could help you to concentrate better over longer periods and retain more of the material you've covered.

You'll need big breaks too, not just small ones. Set yourself a finish time, allow yourself to relax and unwind a bit, plan for the next day, and – most importantly – get lots of [sleep](#).

If you have any club, sports, or hobby commitments, make sure you still go along to them. And on weekends, have a lie in, take some time out to have fun or chill out a bit.

Working too hard for too long can be counter-productive, so it's important to look after yourself or you'll burn out before exams have even started.

### **Change your environment**

You don't always have to study in the same place. If you're getting sick of your usual space, find somewhere else that works for you. You could organise a study date with a friend, go to the library, or head down to the park. You could even ask at school if there's a space they'd be happy to let you use during free periods or after school hours.

If you don't want to go far, you could even just take your books outside for a bit, or move to a different room in the house (as long as it's not too noisy and chaotic).

### **Try new study strategies**

Sometimes a change is as good as a break. If you always use the same study techniques but for some reason they're just not working for you right now, spend a few minutes researching other methods that might just do the trick.

We have plenty of resources [here](#) to get you started.

You could also try:

- Organising a study group – you could meet online if you can't set up one in person
- Asking friends or family to test you
- Completing previous exam papers (use time limits if you want to perfect your exam technique too)

### **Speak to your teachers**

Your teachers know the subjects and curriculum inside and out, and they've also helped loads of other students before you. They could:

- Provide extra resources if needed
- Help reassure you about the areas you know well
- Identify areas where your knowledge is lacking and needs some work
- Give you clear direction about what you'll need to know for the exam

## **Take a deep breath**

Try to stay positive, and never feel guilty to ask for help if you need it.

Before you know it, exams will be over and you can move on to the next chapter. Just remember that no matter what happens there are always options, pathways, and people who can help you to reach your goals.

## **Work**

### **Job Spotlight**

#### **How to become an Outdoor Educator**

Outdoor educators are responsible for planning and leading outdoor education programs and activities, including camps, treks, and hikes. Instead of the focus of these programs being recreation, you'll be supporting participants to discover their strengths, meet new people, learn new skills, and thrive both physically and emotionally. Outdoor education programs often focus on building skills such as leadership, conflict resolution, problem-solving, resilience, and general life skills.

If you love spending time in nature, are a great communicator and natural leader, and want a job that provides opportunities for travel all around the world, you might like to consider becoming an outdoor educator.

#### **What skills do I need as an outdoor educator?**

- Strong communicator
- Fit & healthy
- Dedicated & resilient
- Excellent leader
- Organised & efficient
- Safety-minded
- Hard-working
- Great problem-solver

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

- Lead groups on outdoor excursions & activities
- Teach important skills to participants
- Educate participants on natural history & ecology of the area
- Provide safety instructions & follow safety protocols
- Encourage active participation & learning
- Facilitate socialisation & communication between participants
- Help participants work through challenges & conflict
- Plan & organise logistics, including transportation, equipment & food

#### **What industries do outdoor educators typically work in?**

- Education & Training
- Arts & Recreation Services
- Public Administration & Safety

### **What Career Cluster do outdoor educators belong to?**

Because their work involves teaching and guiding others, [Informers](#) usually make great outdoor educators. [Coordinators](#) may also enjoy outdoor education roles that involve more planning and management than instruction.

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

Part-time roles are common for outdoor educators, so if you need a bit of extra flexibility in your week, this could be an option for you. Because of the nature of the activities you'll be leading, it's likely you'll need to do work on weekends, holidays, and sometimes even be on location over several nights. Prepare to spend lots of time travelling and away from home. And because of the nature of the job, remote and working from home opportunities are very uncommon.

Outdoor educators can be employed in schools, education centres, camps, tour centres, adventure operators, or by private outdoor expedition companies. Once you have enough experience and have built up a network, you might even like to start your own business and offer personalised outdoor experiences. Most outdoor educators earn an average salary throughout their career.

### **How to become an outdoor educator**

To work as an outdoor educator, it's beneficial to have a vocational qualification in a relevant area, such as outdoor education, sport and leisure, or recreation. In addition, gaining certification in specific activities such as rock climbing, kayaking, or mountaineering can also be advantageous. If you're working in an environment with young people, you'll also need to acquire a working with children and/or police check.

You can also take specialised short courses and workshops to build on your leadership and communication skills, both vital for outdoor educators. Expect to undertake lifelong learning throughout your career as standards and practices change.

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

- Spend lots of time in the outdoors and think about the activities that interest you the most.
- Volunteer or find work experience in outdoor recreation or education and start building important skills.
- Work on your interpersonal skills, engage with people from diverse backgrounds, and start networking.

Find out more here:

- [Outdoor Education Australia](#)
- [Outdoor Education New Zealand](#)
- [The Institute for Outdoor Learning](#) (UK)
- [The Association for Experiential Education](#) (US)
- [Outdoor Council of Canada | Le Conseil canadien du plein air](#)

### **Similar careers to outdoor educator**

- Tour Guide
- Secondary Teacher
- Camp Counsellor
- Adventure Guide
- Fitness Instructor
- Recreation Officer
- Primary Teacher



- Tourism Operator

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

## Jobs & Careers

### 7 careers that celebrate bees

[World Bee Day](#) on May 20 is all about raising awareness about the important roles that bees play in our every day lives and finding ways to benefit our bee populations. In honour of this special day, we've put together a blog featuring seven careers with bees that could help to make a difference for them – and for the world.

#### **Beekeeper**

Also known as an apiarist, beekeepers look after colonies of bees and in return the bees provide honey, wax, royal jelly, and other products. Hives can also be moved around to different locations providing pollination services to farmers and other industries.

Beekeepers do everything from building and maintaining the hives, to inspecting the colonies for signs of poor health or parasites, providing water and food sources, moving the hives between locations, and removing honey. They're often called out to collect bee swarms that are causing concern to local residents too.

#### **Queen bee breeder**

Registered with the country or state Bee Breeders Association, bee breeders meet departmental standards and guidelines to produce Queens that display ideal characteristics, such as good temperament, disease resistance, low swarming tendencies, and excellent honey production. The Queen Bees are then sold to beekeepers, allowing them to create new colonies or split hives and increase their productivity.

#### **Entomologist**

Entomologists are scientists who focus on insects – and you could specialise even further into the study of bees, researching everything from their behaviour, biology, and ecology, to the diseases and chemicals that affect them. The research could be important for beekeepers, producers, and conservationists all over the world.

#### **Pollination ecologist**

In this scientific role, you'd be studying the relationships between flowering plants, pollinators (in this instance bees), and their impact on ecosystems and agriculture. Your work will help horticulturalists, farmers, and even local councils to harness the power of bees to increase plant growth.

#### **Bee venom researcher**

Historically, bee venom has been used in the treatment of inflammatory diseases, such as rheumatism and arthritis. It's also been used to increase the efficacy of treatments for neurological conditions, asthma, malaria, and other chronic diseases. Your research could contribute to helping develop new treatments, skin care products, health supplements, or even in the prevention and treatment of allergic reactions in future.

#### **Quarantine officer**

Working for government or state departments, in this job you'd be inspecting hives for signs of pests and diseases, monitoring the movement of bees between states and countries, and ensuring biosecurity for bee colonies locally or in a wider area.

### **Mead maker**

The ancient Greeks believed mead was the drink of the gods – so it must be pretty good, right? Brewers who love honey can produce creative versions of this honey-based alcoholic drink, undergoing a revival from its ancient roots.

### **Want to get started?**

Still in high school but keen to start making a difference to bee populations? There are lots of things that you can do. Start learning everything you can about bees and their products. You might like to sign up to take part in some workshops and short courses (fees may apply) in-person or online, such as:

- [Beekeeping for beginners](#) workshop
- [Biosecurity Online Training \(BOLT\)](#) a requirement for every beekeeper to find out how to care for honey bees in accordance with the new [Australian Honey Bee Industry Biosecurity Code of Practice](#).
- Take a [Honeybee Health Management](#) course at TAFE
- Learn [how to build a native bee hotel](#)
- Do a [quality assurance honey extraction](#) course
- How to [grow trees for bees](#) (and other plants)
- [Subscribe to newsletters](#) and updates from the bee industry
- Get [hands on experience extracting honey from a hive](#)

If you're keen to get started in a career, then you could explore a [traineeship](#) or vocational qualification that provides you with the experience and skills needed to become a private or commercial beekeeper. And if a life of working with bees isn't for you, or you'd like to explore other careers as well, there's tonnes more information on our website [here](#).

## **Work Experience**

### **5 questions to ask while you're on work experience**

Work experience is invaluable to help you gain hands-on experience in your chosen field, explore potential career paths, and develop essential skills for your future. By actively engaging in the experience and asking questions, you can make sure you're getting the most out of your placement. Here are 5 key questions you should ask while you're on work experience.

#### **What are the primary responsibilities and daily tasks in this role?**

Understanding the day-to-day activities and expectations of a job can provide you with a clearer picture of what a career in that field entails. This way, you can find out whether it sounds like something you would want to do every day.

#### **How do the skills and knowledge I'm gaining (or will gain) in my studies apply to this job?**

Connecting the knowledge acquired in the classroom to real-world work situations can help you understand the different places your studies can take you in the future. It can also help identify any gaps in your knowledge or skills before you jump into the workforce.

#### **What are the most challenging aspects of this job, and how do you overcome them?**

Learning about the challenges professionals face in their roles and the strategies they employ to address them can help you develop resilience, adaptability, and problem-solving skills – skills you can use not just in your job, but your daily life too.

### **How do you see this industry evolving over the next few years, and what can I do to stay competitive?**

Gaining insights into [industry trends](#) and potential changes can better prepare you for the future job market, ensuring you remain competitive and up-to-date with relevant skills and knowledge.

### **Can you recommend any resources, professional associations, or networking opportunities that could help me?**

Expanding your professional network and staying informed about industry news and opportunities can be a big help as you progress in your career. By seeking advice from experienced professionals, you can identify valuable resources to help support your growth and development in your chosen field.

### **Want more?**

If you're interested in learning more about work experience, you can read more blogs [here](#), or search for opportunities [here](#).

## **Grow**

### **Competitions**

#### **How to find competitions that look great on your resume**

We've already talked about [why you should put competitions on your resume](#) – but how do you actually find competitions to participate in? In this blog we'll provide some tips and resources to help you find competitions to enter.

#### **Where to find competitions**

Before you can enter a competition, you need to find them first. Here are some great places to start:

##### **Search engines**

As with most things, jumping into a search engine (like Google, Bing, or DuckDuckGo) is a great starting off point. In your search, make sure you include what kind of competition you're looking for (e.g. art, debating, maths, etc.), and consider adding things like whether or not you're a student and the country or state you're in.

For example, you might find that searching “art competitions for high school students in Australia” will net you more useful results than just searching “art competitions”.

##### **Online databases**

There are lots of sites out there that do the hard work for you, finding competitions and listing them in one easy to access place. Here are some we've found to get you started:

- [Australian Writers' Resource](#) – lists a variety of writing competitions from both Australia and overseas

- [ArtsHub](#) – lets you search for arts awards, prizes and competitions, from film to performing and visual arts
- [Aussie Educator](#) – has a great database of student competitions
- [Study Work Grow](#) – we have our own competitions database, packed with opportunities of all kinds

### **Ask your school**

Lots of great competitions, particularly in areas like debating, STEM, and languages, are organised through schools instead of students signing up directly. It's always worth asking your teachers if your school will be participating in any competitions – and if you've found one that looks interesting, you could pitch the idea and get your school to participate.

### **What should I look for in a competition?**

If you think you've found a great opportunity, don't just blindly sign up. There are a few things you should check first:

- Read eligibility criteria carefully – ensure you're the right age, from the right country, etc.
- Do some research – see if the organisation offering the competition looks legitimate
- Entry fees – though many competitions are free, some might require you to pay an entry fee to participate
- Closing dates – make sure you'll have enough time to submit a worthwhile entry

If you've done all this and it all looks good, then all that's left to do is enter – good luck!

## **Volunteering**

### **7 ways volunteering can benefit you**

Volunteering your precious free time to help worthy causes is a really noble undertaking. You won't earn big bucks, but there are plenty of other ways that becoming a volunteer could be of value. In celebration of [National Volunteer Week](#), we're going to take a look at some of the ways volunteering can benefit you.

#### **Learn new skills**

No matter where you decide to volunteer, there will always be an element of learning and training. While the skills may seem basic or trivial, they could be essential building blocks for future careers.

For example, if you're collecting, organising, and distributing donations from school fundraisers, you might be learning more than you think about finances, budgeting, and inventory. These skills are useful in almost all jobs – not to mention how they can help in your day-to-day life too.

Then there are the other skills that you might not even realise you're building, like communication, teamwork, independence, problem-solving, and customer service – the list goes on and on.

#### **Give your resume a boost**

Adding a few more lines to your resume can never hurt. Showing commitment to community efforts, or any kind of voluntary work, will speak volumes about your personality to potential employers. If you're happy to keep showing up without getting paid, this shows you're dedicated and motivated; qualities that any employer will look favourably on.

#### **Help you stand out in admissions**

When you're applying for further study, chances are you'll be up against a lot of other applicants. Some might have higher grades than you, and some may have relevant work experience. So how will you stand out? What you choose to do outside of the classroom could make all the difference. Volunteering is a great way to show you care about others, and that you can manage your time well enough to balance your volunteer work with your other commitments.

### **Form connections**

Volunteering is a great way to meet people you wouldn't have encountered otherwise. Those people could become friends, mentors, or your inspiration. The more you get involved with projects outside your school, the wider you're casting your net. You'll end up with more contacts that could be helpful in providing you with paid work, work experience, or references.

If you already know what you want to study after school, try finding volunteer opportunities in those areas. For example, if you're interested in politics, see if you can volunteer with your local politician. There's every chance your volunteer experience could help you in your future endeavours.

### **Grow as a person**

When you're at high school, chances are you're operating within a fairly limited social circle. You'll be engaging with your family, school friends, teachers, and possibly a few friends outside of school. Volunteering can introduce you to new situations and ideas – potentially *really* different to what you've known up until now. This could:

- Increase your confidence
- Teach you to communicate more effectively with different people
- Help you become a better listener
- Encourage you to explore your personal strengths and weaknesses
- Make you more aware of and active about social justice issues

### **Improve your health**

Studies have shown that volunteering could contribute to [improved mental and physical health](#).

Increasing your physical activity, providing a sense of purpose, kicking goals, achieving good things, and helping others solve problems are all ways volunteering can improve your wellbeing. You could feel happier, have higher self-esteem, and get fitter as well.

### **Benefit your community**

When you volunteer, you're not only benefiting yourself; you're having a positive impact on lots of other people around you too. You might be helping an individual or organisation, giving back to your community, and even contributing to the wealth and health of a nation.

When you realise the true benefits of your actions, you might feel humbled – and you should definitely feel proud of your contribution.

### **Find a volunteering position that works for you**

While it has lots of upsides, volunteering is a big responsibility, so it's OK if you're not ready to commit yourself straight away.

Before you say yes to any opportunity, make sure you know how much time and effort you'll need to put in, then decide if it's something that you can fit around your other responsibilities (and that it's something you'd actually like to do).

Asking around at your school, local sports club, or other community organisations are all great places to start. Alternatively, you can even find opportunities to [volunteer online](#) if there's nothing suitable near you.

### **Find out more**

If you want to learn more about the ways volunteering can benefit you, or other ways you can build skills and grow, you can read more on our website [here](#).

### **The Study Work Grow Research Team**

Unit 6/149 English St, Manunda, QLD 4870

Phone: 07 4039 3862

Email: [info@studyworkgrow.com](mailto:info@studyworkgrow.com)

Find us online: [www.studyworkgrow.com](http://www.studyworkgrow.com)

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