



Weekly Careers News for WA

October 27, 2026

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Events

This Week's Events

Yr 12 & Beyond with ADHD – Webinar for Year 12 Students and Parents

Organisation: ADHD Webinars

Location: Online

Date: October 29, 2026

Designed to help Year 12 students and parents navigate the transition to tertiary study or employment with practical ADHD management strategies. It offers actionable guidance on post-school options, strengths and interests, accommodations, and setting up tailored support systems.

[Find out more](#)

Biology, Earth and Environmental Science Day for Year 9-11 Students

Organisation: Curtin University

Location: Curtin University, Bentley Campus

Date: October 30, 2026

The Biology, Earth and Environmental Sciences Day (BEES Day) is an annual event that showcases some of the exciting career choices and opportunities in science. It is designed to increase students' awareness about real science jobs and encourage them to consider science pathways when selecting subjects at high school.

Presenters from a wide range of industries will share experiences from their work and engage students in hands-on activities. For our 2026 event we are pleased to offer activities and presentations from Department of Fisheries, Earth Sciences, Teachers for Climate, The Wetlands Centre Cockburn, Curtin School of Earth and Planetary Sciences, Murdoch University Sustainability, School of the Biological Sciences UWA, Healing Country Curtin University, University of Notre Dame, Curtin Hive Project.

Representatives from various Perth Universities will be available during the lunch break to answer questions and provide materials about opportunities to study science at a tertiary level.

[Find out more](#)

WA Police Force Careers Day Joondalup

Organisation: WA Police

Location: WA Police Academy

Date: November 1, 2026

Our Careers Day at the Joondalup Police Academy is an incredible opportunity to come and meet officers from a variety of units all in one place. Come and see the world class training facilities and chat directly with our Recruitment team.

Featuring:

- Live demonstrations from specialist units
- Recruitment information sessions
- Exclusive tours of the academy
- Meet and chat with officers from all areas of policing

[Find out more](#)

Next Week's Events

Inspire in 5 – STEM Careers Seminar

Organisation: The Innovators' Tea Party

Location: Shenton College

Date: November 2, 2026

What do marine biologists, software engineers, astrophysicists and mining innovators all have in common? They all started out as curious students — just like you.

STEM careers are diverse, creative and full of possibility, and this event is your chance to hear what real scientists, engineers and technologists actually do.

Each event night features a rapid series of five-minute presentations from our Women in STEM Mentors. They share their study pathways, career journeys, and what their day-to-day work really looks like. After the presentations, students can ask questions in a relaxed, facilitated panel discussion.

It's an energising, eye-opening hour designed to spark curiosity, build confidence, and show students in Years 7-10 the endless opportunities a STEM career can offer.

[Find out more](#)

STEM + X: Technology – Webinar for Students, Teachers & Parents

Organisation: Careers with STEM

Location: Online

Date: November 4, 2026

Join Careers with STEM for a free STEM + X career webinar, supported by QUT, to explore careers in coding, cybersecurity, design, digital products and more.

In this webinar, we'll lift the lid on where a technology degree can take you, exploring the kinds of careers today's high school students could be heading into, from cybersecurity and software development to digital design, artificial intelligence and emerging technologies.

[Find out more](#)

Inspiring Girls Careers Forum, Karratha

Organisation: Chamber of Minerals and Energy WA

Location: Red Earth Arts Precinct

Date: November 5, 2026

The Chamber of Minerals and Energy WA is excited to bring the Inspiring Girls Careers Forum to regional Western Australia again in 2026.

This unique event showcases the resources sector to female Year 6 students, helping discover the diverse range of roles and skills that can take them there.

What students will experience:

- Hear from an inspiring female industry guest speaker
- Take part in fun, hands-on STEM and team building activities
- Participate in a fast-paced speed-careering session
- Meet and interact with local resources representatives

By attending, students will:

- Learn about the broad pathways taken by representatives in the resources sector
- Understand the opportunities available for women working in the industry
- Gain inspiration to explore new subjects and future career options
- Build connections with local companies and professionals

[Find out more](#)

Dolphin Watch Project Training – Perth

Organisation: Department of Biodiversity, Conservation and Attractions

Location: Swan Canoe Club Inc

Date: November 5, 2026

Learn more about the Swan and Canning rivers and the dolphins that call them home. Join Dolphin Watch and become a citizen scientist!

Join us for this free training event and hear from leading scientists and researchers from the Department of Biodiversity, Conservation and Attractions and Murdoch University.

Learn more about the Swan Canning river system, dolphin biology, the resident dolphin community, how to identify the different dolphins and the different behaviours you may be lucky enough to observe. You'll even receive a copy of the latest edition of FinBook - an identification catalogue for dolphins observed in the Swan Canning Riverpark - and a Dolphin Watch volunteer cap.

As a trained Dolphin Watcher, your monitoring reports will contribute to valuable research. Join one of the largest 'Citizen Scientist' cohorts in Australia and help us learn more about our resident dolphins and how they use the Riverpark.

A complimentary supper will be served upon arrival at 6pm with proceedings commencing at 6.30pm. Tickets are essential for this event.

[Find out more](#)

Procrastination & ADHD – Webinar for Year 10, 11, 12 Students and Parents

Organisation: ADHD Webinars

Location: Online

Date: November 5, 2026

A practical session focusing on why ADHD brains procrastinate and how students in Years 10–12 can overcome executive dysfunction. Attendees will learn evidence-based study tools, time-management hacks, and task-initiation techniques.

[Find out more](#)

Inspiring Girls Careers Forum, Port Hedland

Organisation: Chamber of Minerals and Energy WA

Location: The Hedland Hotel

Date: November 6, 2026

The Chamber of Minerals and Energy WA is excited to bring the Inspiring Girls Careers Forum to regional Western Australia again in 2026.

This unique event showcases the resources sector to female Year 6-8 students, helping discover the diverse range of roles and skills that can take them there.

What students will experience:

- Hear from an inspiring female industry guest speaker
- Take part in fun, hands-on STEM and team building activities
- Participate in a fast-paced speed-careering session
- Meet and interact with local resources representatives

By attending, students will:

- Learn about the broad pathways taken by representatives in the resources sector
- Understand the opportunities available for women working in the industry
- Gain inspiration to explore new subjects and future career options
- Build connections with local companies and professionals

[Find out more](#)

Future Events

ECU South West Future Undergraduate One-to-One Appointments

Organisation: Edith Cowan University

Location: Edith Cowan University, South West (Bunbury) Campus

Date: November 10, 2026

ECU South West is at the centre of education, health and science in this amazing part of Western Australia. Our campus also has strong links with the surrounding community, including with key employers.

As a student at ECU South West, you'll enjoy smaller class sizes and huge support in whatever course you choose.

If you'd like to ask all sorts of questions about studying with us, here's your chance. This month we're offering personalised one-to-one appointments for anyone considering undergraduate study at ECU South West.

This gives you an opportunity to:

- Talk to a friendly – and knowledgeable – staff member about entry pathways and undergraduate courses at any of our three campuses, including the new ECU City campus
- Get help on how to apply for your dream course

Appointments are for twenty minutes and are available from 2:00pm - 7:00pm.

Light refreshments will also be available.

[Find out more](#)

Meet the Museum: Secret Lives of Marine Reptiles for ages 12+

Organisation: WA Museum Boola Bardip

Location: WA Museum Boola Bardip, Learning Studio 3

Date: November 12, 2026

Today, marine turtles, sea snakes, sea kraits, marine iguanas and even the mighty saltwater crocodile inhabit our oceans, estuaries and remote tropical islands across the world. Yet, despite their success, many marine reptiles remain among the least studied reptiles on the planet.

Hidden away, their secret lives are nothing short of remarkable! Some hunt cooperatively in groups, some migrate thousands of kilometres across open oceans, some dive deep into the dark zones of the sea and some are among the most devoted mothers in the animal kingdom.

Taking a peek into their fascinating worlds, this talk draws on firsthand field experiences from across the tropics, looking at giant crocodiles in the Sundarbans, Komodo dragons in Indonesia, sea kraits off Lombok and endangered sea snakes and marine turtles in Western Australia's own waters.

Combining firsthand stories, cutting-edge science and stunning imagery, this is your chance to explore the hidden side of reptiles that few people ever get to see.

[Find out more](#)

Discover Native Bees with Dr. Kit Prendergast for ages 12+

Organisation: Armadale Gosnells Landcare Group

Location: Creyk Park Pavilion

Date: November 16, 2026

Discover the wonderful world of Native Bees with Dr. Kit Prendergast.

Native bee expert Dr. Kit Prendergast will share her immense passion for native bees as she teaches us about the diversity and importance of native bees for ecosystem conservation. You will also learn how to make native bee hotels, so that you can encourage native bees to live in your garden.

[Find out more](#)

Steps to STEM – a webinar showcasing career pathways after high school

Organisation: The Innovators' Tea Party

Location: Online

Date: November 19, 2026

Featuring a specially-curated team of women studying STEM after high school

Have you ever wondered what it's really like to study STEM after high school?

Do you want to understand the different fields you could step into — from engineering to data science to health technologies?

Are you looking for real, practical advice to help you navigate your final years of school?

Steps into STEM is your chance to learn directly from women studying STEM at university and TAFE. Join us online for a free, fast-paced webinar where current tertiary students share their study fields, their pathways, and what day-to-day student life actually looks like.

Each speaker will give a short 5-minute presentation covering:

- **Their STEM field and future career direction**
- **Their best advice for Year 12 students**
- **What studying and campus life is really like**

After the presentations, students will have the chance to ask questions in a relaxed, facilitated panel discussion.

This event is designed for **high school students**, their **parents/guardians**, and **teachers**.

[Find out more](#)

STEAM Lab: Rock Solid for ages 12-18

Organisation: City of Belmont

Location: Innovation Lab, Ruth Faulkner Library

Date: November 21, 2026

Discover how nature has shaped Earth's geological features for millions of years. Explore geology and the rock cycle with a fun, hands-on activity, and recreate the rock cycle with chocolate!

Allergy advice: Chocolate contains Milk and may contain Soy. Warnings for wheat, gluten, peanut. Chocolate is Halal. Honeycomb contains golden syrup, baking soda, salt, and sugar. Activity will have baking soda, vinegar, dish soap, and food colouring (not to be consumed).

Bookings are essential. If you cannot register for a ticket online, please contact the library on (08) 9477 7150 for assistance.

[Find out more](#)

Year 11 & Beyond with ADHD – Starting Strong in the Senior Years

Organisation: ADHD Webinars

Location: Online

Date: November 26, 2026

Focuses on setting senior students up for success as they enter their final school year and look ahead to future pathways. This webinar for parents, senior high school students and career practitioners covers strategies for managing workload stress, building independence, and planning post-school transitions.

[Find out more](#)

Girls+ Engineering Tomorrow (GET) Forum 2026

Organisation: Curtin University

Location: Curtin University, Bentley Campus

Date: November 27, 2026

Explore the exciting world of engineering at Curtin's free event designed for girls and non-binary students interested in STEM.

What's planned:

- **Interactive engineering workshops** - explore engineering through hands-on workshops
- **Meet industry and university role models** - meet a range of university and industry role models
- **Hear from engineers about their journey** - learn about the wide range of opportunities available within engineering

We'll also share information about our other Girls+ in STEM initiatives, programs and events your students can participate in.

Interested in bringing your students? Here's what you need to know:

- Maximum of 25 students per school - if you have a larger group, please leave a comment in your registration and we will let you know if there is space
- Complete the registration with your details
- Our team will contact you to confirm your groups details and provide additional information

[Find out more](#)

Astrofest 2026

Organisation: Curtin University

Location: Curtin Stadium, Curtin University

Date: November 28, 2026

Learn more about the night sky, explore the universe, and take a look through some of WA's biggest telescopes.

[Find out more](#)

SAE Online Info Session: IT & Computer Science

Organisation: SAE University College

Location: Online

Date: December 1, 2026

From software development and cyber security to cloud computing and AI, technology careers are evolving fast. At SAE's Online Info Session: IT & Computer Science, you'll explore our complete range of technology courses, including our new Information Technology qualifications launching in February 2027, alongside our established Computer Science and Cyber Security pathways.

[Find out more](#)

SciTech STEM Regional Festival – Albany

Organisation: Scitech

Location: Retravision Stadium - Albany

Date: December 4, 2026

Scitech is coming to Albany for a special event dedicated to exploring the many pathways in science, technology, engineering and mathematics (STEM).

The **Albany STEM Festival** is a free community event designed to inspire curious minds of all ages. Families will have the chance to connect with universities and industry experts, learn about STEM career opportunities, and discover how these fields shape the world around us.

This event is especially for families, students, educators, and anyone else interested in learning more about STEM careers and education pathways.

[Find out more](#)

AIE Online Campus Day

Organisation: Academy of Interactive Entertainment

Location: Online

Date: December 5, 2026

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Online Campus Day. AIE will be running this event for students interested in studying online. You will be able to meet our teachers, explore how classes will run, course options, career pathways and see our amazing student work.

We will be covering everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer – from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

[Find out more](#)

Notre Dame Information Day for Future Students, Fremantle

Organisation: University of Notre Dame Australia

Location: University of Notre Dame, Fremantle Campus

Date: December 10, 2026

Come to Info Day to find out everything you need to know to start uni next year, receive personalised advice and explore your study options.

You'll also be able to tour our unique campus, check out our new student hub, and attend an information session and expo to find out more about your program. So come along! Enjoy live entertainment, tasty treats and much, much more!

[Find out more](#)

Experience STEM @ Murdoch University – for Year 9 & 10 Students

Organisation: Murdoch University

Location: Murdoch University, Perth Campus

Date: December 15 to December 17, 2026

Dive into the fascinating world of STEM during this 3-day event for students in Year 9 or 10 (aged 14-16).

Packed with hands-on workshops and exciting activities set to ignite your passion, whether you're a budding scientist, future engineer, or tech enthusiast, this event is your gateway to exploring your interests and shaping your future. Plus, you'll get a sneak peek into university life and see how Murdoch University can help you achieve your goals.

Participate in workshops and activities that highlight:

- Agricultural Science
- Marine Biology
- Veterinary Medicine
- Engineering
- Forensics
- Biomedical Science
- And more!

Each day is designed to provide students with an opportunity to engage in a wide range of fascinating science activities under the guidance of scientists who love their work.

[Find out more](#)

I've Got My Results, What Now? Webinar for Year 12 Students & Parents

Organisation: myfuture

Location: Online

Date: December 15, 2026

As Year 12 results are released, many students and their carers are asking the same question: What's next? Join Tracy Ryan, Career Education Manager at myfuture, for a practical and reassuring webinar designed to help families navigate the next steps with confidence.

You'll gain insights into the range of opportunities available after Year 12, learn how to make informed decisions, and discover resources that can support a successful transition from school to further study, training, or work.

[Find out more](#)

ECU TISC Support Day 2026

Organisation: Edith Cowan University

Location: ECU Joondalup Building 31 (Library)

Date: December 20, 2026

It's that time of the year. TISC results are out and it's the last chance to review your preferences.

If you're having second thoughts about anything, and want to speak to someone in person, drop in to our 1:1 TISC support day, Sunday 20 December.

In these sessions, we're helping school leavers and parents to finalise TISC preferences and understand the next steps before university offers are made.

You'll receive:

- Personalised guidance from staff who'll review courses, entry pathway options and your draft preference order.
- A sense-check of your TISC preferences for best-fit courses, prerequisites and back-up options.

- Help finalising your application, required documentation and the key dates you don't want to miss.

Please note: A ticket is only required for the school leaver attending the session. Parents, guardians or support people are welcome to attend and do not require a ticket.

[Find out more](#)

Curtin Year 12 Help Day 2026

Organisation: Curtin University

Location: Curtin Connect (Building 102), Curtin Perth

Date: December 20, 2026

Need advice after receiving your ATAR results?

This year, ATAR results are released the morning of the main round deadline (**Sunday 20 December, 11:59pm**).

The Year 12 Help Day will be held the same day, ensuring that you're able to receive advice on:

- updating your TISC preferences
- alternative pathways (including [UniReady](#) or [course switching](#))
- English language requirements
- Curtin courses and
- any questions you may have.

Register your attendance today to prepare for the TISC main offer round.

[Find out more](#)

Curtin DISCOVER – Holiday STEM Program for Year 8 & 9 Students

Organisation: Curtin University

Location: Curtin University, Bentley Campus

Date: January 19 to January 21, 2027

Join us at DISCOVER - a three-day STEM program showcasing research, innovation, and STEM at Curtin University. During the program, students will participate in hands-on workshops, explore the Curtin campus, chat with some of our inspirational STEM innovators and gain an insight into their research

DISCOVER is designed for secondary students in Years 8 & 9 and allows students to explore the many exciting study, research, and career pathways available in STEM.

DISCOVER is a non-residential program. The cost does not include accommodation or travel to and from the program.

[Find out more](#)

Competitions

AgDay Photography and Video Competition 2026

Organisation: National Agriculture Day

Location: Australia

Value: AU\$5,000

Close Date: November 20, 2026

[Find out more](#)

Experiences

CSIRO Young Indigenous Women's STEM Academy Program

Organisation: Commonwealth Scientific and Industrial Research Organisation

Location: Australia

[Find out more](#)

A Future in Health and Care Virtual Work Experience with Care4Notts

Organisation: U-Explore Ltd

Location: All

[Find out more](#)

Weekly Posts

Study

How to study for an exam when you're allowed to bring materials in

An open book exam lets you refer to your notes, a textbook or both while you answer questions. In subjects like maths, physics and chemistry, you may be given a formula sheet listing many of the equations you'll use, while English and other text-based subjects sometimes allow a quote sheet, which is a page of quotes from the texts you've studied.

Your materials can help in the exam, but they don't replace studying.

What these exams expect from you

Exams that allow materials are still timed. Looking up an answer takes time, and if you rely on your materials for most questions, it can become hard to finish.

The questions are also written with your materials in mind. Because the basic facts are available to everyone in the room, these exams usually focus on how well you can apply what you know. This could include:

- Solving unfamiliar problems
- Analysing a passage
- Building an argument

Markers often expect more detailed and accurate answers as a result. This means your materials work best as a backup. You'll still need to understand the content well enough to answer most questions from memory, then use your materials to check details or fill small gaps.

What are you allowed to bring?

Rules for these exams vary between schools, subjects and even individual exams. An exam that allowed notes or a quote sheet one term may not allow them the next, so check the details for each exam early. Your task sheet or assessment notice may cover them, and your teacher can answer anything that isn't clear. Things to check include:

- Which materials are allowed, such as notes, a textbook or a single sheet
- Whether the sheet is provided by the school or written by you
- Size limits, such as one A4 page, & whether you can use both sides
- Whether it needs to be handwritten or can be typed & printed
- Whether you can add notes, highlighting or annotations
- Whether materials are checked before the exam starts

Materials that don't follow the rules may be removed before the exam starts, and in some cases, bringing them could be treated as a breach of exam rules. If you're unsure whether something is allowed, ask before exam day.

Online open book exams have a few extra things to check. Some limit you to your own notes, while others allow websites. You'll also want to find out whether AI tools are permitted, and whether the time limit starts as soon as you open the exam.

Preparing for an open book exam

Choosing your materials

If you can bring as much as you like, aim for a smaller set of well-organised materials. A full textbook and every page of notes from the year are hard to search under time pressure, while condensed notes you've written yourself are usually faster to use, because you know what's in them and how they're arranged.

A practical set might include:

- Summary notes for each topic
- A page of key definitions & concepts
- Worked examples or sample responses for common question types
- The textbook, if allowed, as a backup for details

Organising your materials

Being able to find information quickly is a big part of using open book materials well. A few simple methods can help:

- Tabs on the edge of your pages to mark where each topic starts
- An index at the front listing each topic & its page number
- Colour coding by topic or type of information, such as definitions & examples

Label your tabs clearly so you can read them at a glance, and use the same colours across your tabs, highlighting and headings so the system stays consistent.

How to study

Study the content as you would for a closed book exam, with a focus on understanding concepts well enough to explain and apply them. Practice questions are especially useful, particularly unfamiliar ones, because working out how to apply an idea to a new problem isn't something you can look up.

It also helps to use your organised materials while you study, so you learn where everything is. By exam day, you should be able to turn straight to the right section for each topic.

If you can only bring one page of notes

Some exams limit you to a single page, often A4. Deciding what goes on it is part of studying, because you need to review the whole course to choose. Things to prioritise include:

- Details you regularly forget or mix up
- Steps in processes or methods
- Definitions that need exact wording
- Formulas or data that aren't provided elsewhere

Anything you already know well can be left off. Keep your writing large enough to read quickly, as a page packed with tiny text is hard to use in a timed exam.

Preparing for an exam with a formula sheet

In most subjects that use one, the formula sheet is provided by whoever sets the exam, and every student gets the same one.

Getting to know the sheet

Ask your teacher for a copy as early as you can. It's often available well before the exam or included with past papers. Using it every time you study helps you become familiar with:

- The layout, so you can find each formula quickly
- Which formulas are included & which aren't, since anything missing needs to be memorised
- The symbols & notation it uses, which may differ from your textbook or class notes
- Any constants or data tables it includes

What the sheet doesn't tell you

A formula sheet lists equations, but it doesn't explain when to use them. Most of your study time should go into the skills around the formulas:

- Choosing the right formula for each question
- Knowing what each variable stands for & its units
- Rearranging formulas to solve for different variables
- Knowing when a formula applies & when it doesn't

Questions don't usually name the formula you need, so you'll need to work it out from the information given and what you're asked to find. Some formulas also only apply in certain situations, and the sheet usually won't say which.

Working through a wide range of questions builds all four of these skills. After each one, note which formula you used and why you chose it.

Writing your own formula sheet

Some exams let you write your own formula sheet instead. The approach is similar to a one-page notes sheet, but next to each formula, add a short note on when it's used and what each variable stands for, if space allows. Building the sheet while you practise questions shows you what's missing.

Preparing for an exam with a quote sheet

A quote sheet means you don't need to memorise every quote word for word, but you still need to know what each quote shows and how it connects to the text's ideas.

Choosing your quotes

Space on a quote sheet is usually limited, so it helps to look for quotes that:

- Link to more than one theme, character or idea, so they work across different essay questions
- Show a clear technique you can analyse
- Come from different parts of the text
- Are short enough to fit smoothly into a sentence

Grouping quotes by theme or character

Arranging your quotes in groups, rather than in the order they appear in the text, makes them easier to use. Groups could be based on themes, characters or key ideas, depending on how questions about your text are usually framed. If headings are allowed, use them. If they aren't, keeping each group in a set position on the page can do a similar job.

When quotes are grouped, finding one relevant quote also puts you next to others about the same idea. This makes it faster to plan a paragraph or a whole essay.

Using quotes to jog your memory

The quotes on your sheet are prompts. For them to work, you need to have linked each one to your analysis before the exam. For every quote, you should be able to explain:

- What's happening in the text at that point
- The technique being used & its effect
- Which themes or ideas it connects to
- How it could support an argument

One way to practise is to look at a quote on its own and say or write your analysis from memory. With enough repetition, reading the quote should bring the rest back. This matters most when annotations aren't allowed, which is often the case, because the quote is then the only cue you'll have.

If you can annotate, keep it to a few keywords per quote. Long notes take time to read and crowd the page.

Practising under exam conditions

Whatever materials you're allowed, practise with them before exam day, and start early enough to fit in several attempts. Getting a copy of the formula sheet, setting up your tabs or drafting your quote sheet early in the term gives you time to work with them before the exam counts.

When you complete past papers, use the same materials you'll have in the exam and time yourself. This can show you:

- How long it takes to find information
- Which sections you check most, which may point to topics that need more study
- Whether your materials are organised in a way that works
- Whether your quote sheet suits the questions you're likely to get

Adjusting your materials after each attempt means the version you take into the exam is one you've already tested.

What to do in the exam room

Most of the work happens before the exam, but a few habits can help you use your materials well once you're there. Remember to:

- Read each question & plan your answer from what you know before opening your materials
- Avoid copying large sections from your notes, since markers are looking for answers in your own words
- Move on if you can't find something quickly & come back to it later
- Write out the formula before substituting values when using a formula sheet
- Use reading or planning time to choose quotes for each paragraph when using a quote sheet
- Have your files open & organised before the timer starts in an online exam

If you're getting ready for exams, we have plenty of other [study resources](#) on study habits and preparing for assessments.

Communication Skills, Skills for Work

Your digital footprint and who can see it

Every time you post a photo, like a video, or search for something online, you leave a small piece of information behind. Put them all together, though, and they start to build a picture of who you are, what you like, and where you spend your time. That picture is your digital footprint.

Most people never stop to think about theirs. It's worth doing though, because your footprint can stick around for years. The good news is that you have more control over it than you might expect.

What is a digital footprint?

Your digital footprint is the record of everything you do online. Some of it you share on purpose. A lot of it is collected quietly in the background, without you really noticing. That's why it helps to split it into two parts.

Your active footprint

This is the information you choose to share. It includes:

- posts, photos, memes, videos, reels, and stories on social media
- comments on videos, games or forums
- messages you send (remember that anyone can screenshot them)
- reviews, quizzes, competition entries and sign-up forms.

Your passive footprint

This is the information websites and apps collect about you while you use them. You don't hand it over directly, but it's gathered all the same. It can include the sites you visit, what you search for, what you watch or skip, and where you are if your location settings are switched on.

Here's an example you might recognise. You look up a pair of trainers once, and for the next few weeks you see ads for trainers everywhere. That isn't a coincidence. Small files called cookies, along with other tracking tools, have noted what you were interested in and passed it on.

There's also a third part that's easy to forget: what other people post about you. A friend's group photo, a tag in a comment or a clip in someone's story all add to your footprint, even though you didn't post them yourself.

Who can see it?

The honest answer is - probably more people than you think.

Friends and followers. This one's obvious. But if your account is public, "followers" can mean anyone at all, including people you've never met.

Friends of friends. A post shared with a small group doesn't always stay there. It can be shared, forwarded or screenshotted in seconds, and once that happens, you can't pull it back.

Companies and apps. The apps you use all collect data to show you targeted ads and suggest content. Some also share that data with other businesses. The details are usually in the privacy policy – the long page of text that most of us scroll straight past.

Schools, universities and employers. Some admissions teams and employers look people up online before making a decision. [70% of employers said they use social networking sites to research job applicants during hiring process and 54% of companies admitted to eliminating a candidate based on their social media feed.](#)

Your future self. Things posted years ago can still turn up in search results, old archives, or someone's camera roll. Deleting a post removes it from your profile, but it doesn't guarantee it's gone everywhere.

Why it matters for your future

None of this is meant to scare you off the internet. A digital footprint isn't a bad thing in itself. In fact, it can work in your favour.

Think about a student who shares their photography on a public page, or posts updates about a website they're building. When they apply for a course, a job or a volunteering role, they can point to real examples of what they can do. Their footprint shows their skills as well as a little bit about themselves.

The flip side is that context gets lost online. A joke that made sense to your mates at 14 might read very differently to a stranger looking at it four years later. They don't know you, the moment or the tone. All they see is the words on the screen.

So the goal isn't to disappear. It's to make sure that when someone looks you up, what they find is something you're comfortable with.

How to check and shape your footprint

You may not be able to wipe your footprint clean, but you can tidy it up and decide what gets added next. Here's where to start.

- **Search for yourself.** Open a private or incognito window and type your full name into a search engine. Check the images tab too.
- **Check your privacy settings.** Go through each app you use. Who can see your posts? Who can tag you? Can people find you through your phone number or email?
- **Close old accounts.** That game you stopped playing two years ago may still have your details. Delete any accounts you no longer use.
- **Look at app permissions.** Does that photo-editing app really need your location, contacts and microphone? If not, switch them off.
- **Pause before you post.** Ask yourself: would I be happy for a teacher, a future boss or a family member to see this? If the answer is no, think again.
- **Ask before you tag.** Check with friends before posting photos of them, and ask them to do the same for you.

If someone posts something about you that's upsetting or untrue, you don't have to deal with it alone. Use the platform's reporting tools and talk to an adult you trust.

Take charge of your online story

Your digital footprint grows every day, whether you're paying attention or not. The difference is that now you know what's in it and who might be looking.

Why not set aside 20 minutes this week to search your name and check your settings? It's a small step that could make a real difference later on. Managing your online presence is just one of the life skills that will help you as you move into study and work. Explore more practical guides in our [Building Skills](#) section.

Job Spotlights

How to become a Chef

Chefs plan menus and prepare, cook, and present food in commercial kitchens, turning raw ingredients into dishes that are consistent, safe, and ready on time. They oversee every stage of a dish, from selecting produce

and managing stock to running a kitchen through a busy service, often leading a team of cooks and kitchen staff.

If you're creative, thrive under pressure, and enjoy working with your hands, this career could suit you well.

What skills do I need as a Chef?

- Creative & inventive
- Calm under pressure
- Detail-oriented mindset
- Physically resilient
- Confident team leader
- Strong time management
- Passionate about food
- Reliable & hardworking

What do Chefs do?

Before service starts, you're checking deliveries, prepping ingredients, and planning the day's menu or specials based on what's in season and what's in stock. You'll brief the kitchen team on the plan for the shift, assign sections, and make sure everything is set up, portioned, and ready to go before the first order comes in.

Once service begins, you're cooking to order, plating dishes to a consistent standard, and keeping pace as orders build up. You'll manage multiple dishes at once, coordinate timing so everything reaches the pass together, and communicate constantly with the rest of the kitchen and front-of-house staff. It's fast, hands-on work that demands focus, speed, and precision, especially during busy periods when the whole kitchen is working under pressure to keep up.

Beyond daily service, you might develop new menu items, test and cost recipes, or manage relationships with suppliers to source quality produce. Many Chefs train apprentices and junior cooks as they move up through the kitchen, and over time you might specialise in a particular cuisine, style of cooking, or area like pastry.

What kind of lifestyle could I expect?

Chefs work across restaurants, cafés, hotels, catering businesses, pubs, and institutions such as schools, hospitals, or aged care facilities. Some work in fine dining establishments with small, highly skilled teams, while others work in larger commercial kitchens producing food at volume for a broad customer base. The environment and pace can vary a lot depending on the type of kitchen, the cuisine, and the style of food being served.

Kitchen hours often run outside the standard working week, with evening, weekend, and public holiday shifts common, since that's when people eat out. Split shifts are common too, with a break between lunch and dinner service. Expect an intense, fast-paced rhythm once service begins, followed by quieter periods for prep, cleaning, ordering, and planning ahead for the next shift or menu change.

The work is physically demanding, involving long periods on your feet, heat, and repetitive movement, so stamina and fitness matter more than in many other careers. Travel isn't usually a big part of the role, though some Chefs work on cruise ships, at events, or across multiple venue locations. Salaries tend to be average to start, particularly during your apprenticeship, and improve as you gain experience and take on more senior kitchen positions. Demand for skilled Chefs remains steady, since hospitality is a constant feature of daily life everywhere.

How to become a Chef

- **Get hands-on kitchen experience:** Take on part-time or casual work in hospitality, even in an entry-level role like kitchen hand, to get a genuine feel for how a commercial kitchen runs and whether it suits you.
- **Complete a commercial cookery apprenticeship:** Most Chefs train through an apprenticeship that combines paid, on-the-job training in a working kitchen with vocational study, usually taking a few years to complete in full.

- **Build experience across different kitchens:** Work in a range of kitchens and cuisines to build your skills, speed, and confidence across different sections, from entrées to desserts, and to work out what style of food you enjoy most.
- **Develop a specialisation:** As you progress, focus on a particular cuisine, cooking style, or area such as pastry, which can set you apart from other cooks and open up more senior opportunities over time.

From here, you could move up through the kitchen hierarchy towards sous chef, head chef, or executive chef, open your own restaurant or catering business, or move into food styling, teaching, or menu consulting.

What can I do right now?

If you're in high school and interested in working as a Chef, here are some practical steps:

- Look for part-time or casual work in a café, restaurant, or catering business, even in a role like kitchen hand or waitstaff, to get a taste of the industry.
- Cook regularly at home for family or friends to build your skills, confidence, and understanding of flavour, timing, and presentation.
- Volunteer to help with food-related events at school or in your community, such as canteen days or fundraisers, to get comfortable cooking at volume.

Find out more about alternative careers on [our Job Spotlights page](#).

Study Tips

How to tell whether a website is a reliable source for your assessment

Research tasks usually ask you to support your points with evidence from other sources. A quick search can bring up government reports, news articles, personal blogs and sales pages side by side, often looking equally convincing, so deciding which ones to trust is a key part of the task.

Start with your task sheet

Before searching, check whether your task sheet sets rules about sources, such as how many you need, which types are accepted and how recent they should be. If it doesn't say, ask your teacher.

Questions to ask about the website

One way to judge a website is to work through a few questions about it:

- Who made it & do they have relevant expertise?
- Why does it exist, & is it there to inform, persuade or sell?
- When was it published or last updated?
- What evidence does it give, such as references or links to research?
- Does it suit your task & the level you're working at?

An expert or established organisation, such as a government department or university, is a stronger sign than an anonymous page. Keep in mind that the About page is written by the site itself. How much the date matters depends on your topic, since information on technology or health goes out of date faster than historical information. Where a site gives references, follow a few to check they say what the site claims.

Checking a website from the outside

Lateral reading means opening new tabs to see what other sources say about a website, instead of relying on what it says about itself. Professional fact-checkers use this approach. Search the organisation and author to check their reputation, then search key claims to see whether other reliable sources report the same thing, looking beyond the first result.

What domain endings can tell you

The domain ending is the last part of a web address. Endings like .gov and .edu are generally restricted to government bodies and education providers, which makes them a strong starting point, though not every page on them will be current. The .org ending is often linked with non-profit organisations, but anyone can register one.

A .com site can also be reliable. Many reputable news outlets and publishers use .com addresses, and if a .com site's information is backed up by other reliable sources, you can use it with more confidence.

Red flags that a site may not be reliable

Warning signs include:

- No author or organisation named
- Heavy advertising or pop-ups
- Emotional or dramatic language, such as headlines in all caps
- Claims that sound too good to be true
- Frequent spelling & grammar errors
- Images that look edited or out of place

One red flag doesn't rule a site out, but several together are a good reason to find another source.

Common types of online sources

Online encyclopedias

Most Wikipedia pages can be edited by anyone, and many teachers don't accept it as a cited source. It's useful for an overview, and its references can lead you to original sources you can use instead.

Social media

Most social media content isn't checked before it's posted, and accounts aren't always who they claim to be. Posts can be useful evidence of public reactions to an event, but trace any factual claim back to where it came from.

Videos

A video from a university, museum or public broadcaster is a different kind of source from one by a creator with no stated expertise. Check who made it and look in the description for sources.

AI-generated content

AI chatbots and search summaries can make things up while sounding confident. Treat anything an AI tool tells you as unverified until you've found it in a reliable source, and check your school's rules on AI use.

Biased sources and when you can use them

Bias means presenting information from a particular point of view, but a biased source can still be useful. A company's website is reliable for what the company sells, though not for whether its products work. In history, a propaganda poster may not show events accurately, but it's strong evidence of how a government wanted people to think. Use biased sources as evidence of a perspective, and look for balanced sources for factual claims.

If you're still unsure

Your teacher or school librarian can help you decide whether a source is reliable. Whichever sources you use, note down the author, title, date and web address as you go, since you'll need them to reference your work. Our guide to [referencing styles](#) explains more.

If you're working on research tasks, our [study tips](#) cover more on building strong study habits.

First Nations People, Skills for Work

NSW Aboriginal Languages Week and why languages matter

Every language is a unique key providing insight into different ways of seeing the world. It carries names for plants and animals, stories about the land, songs, jokes, and rules about how people speak to one another. NSW Aboriginal Languages Week celebrates the languages that have been spoken across Australia for thousands of years, and the people working to keep them strong.

Wherever you live here in Australia or elsewhere in the world, it's a great opportunity to think about the languages around you and what learning one could mean for your future.

What is Aboriginal Languages Week?

[Aboriginal Languages Week](#) happens in New South Wales, Australia, every October. It marks the [anniversary of the Aboriginal Languages Act 2017](#), and NSW is the only Australian state or territory to have passed a law like this. This year's theme is 'Living Languages, Strong Futures' celebrating and encouraging efforts to revitalise, strengthen, and share aboriginal languages and preserve them for future generations.

During the week, communities run festivals, language workshops and classes, [exhibitions](#), as well as sporting and arts events. One of the week's goals is to encourage more people to learn languages, particularly young Aboriginal people ([Aboriginal Languages Trust](#)).

It's part of a much bigger picture, too. The [United Nations has named 2022 to 2032 the International Decade of Indigenous Languages](#), putting a global spotlight on languages at risk of being lost.

Why preserving languages matters

Before European colonisation began, there were [more than 250 Aboriginal and Torres Strait Islander languages were spoken across Australia](#). Many were pushed out of everyday use, for many years, but in [2026, a national survey identified 177 languages still being spoken or used, and a further 113 undergoing a revival](#) thanks to the people and communities working hard to strengthen and revitalise them.

This isn't only an Australian story. [UNESCO estimates that at least 40% \(that's more than 6,700\) of the world's languages are threatened with disappearing in the long term](#).

So why does it matter? Languages hold knowledge that often can't be translated neatly. A single word might describe a particular season, a geographical feature, a plant that's ready to harvest and important for more than just food, or a family relationship that English needs a whole sentence to explain. Lose the word, and you risk losing the knowledge attached to it.

Language is also closely tied to identity and wellbeing. [In a national survey, 98% of respondents agreed that using traditional languages improves the wellbeing of Aboriginal and Torres Strait Islander people and strengthens their connection to culture, community and Country](#).

"Our languages are really important for our sense of identity, our sense of who we are. Our languages also help us to understand our lands." Dr. Lorna Wánosts'a7 Williams, Prof Emerita, Influential Educator, Scholar, Filmmaker, Indigenous elder, and Member of the Global Task Force for Making a Decade of Action for Indigenous Languages, Canada

How to start learning, respectfully

Aboriginal languages belong to their communities, and each one is connected to a particular place. That means the best starting point is the land you're standing on. Here are some practical first steps:

- **Find out whose Country you're on.** First Languages Australia's [Gambay map](#) shows more than 780 Aboriginal and Torres Strait Islander languages, with names and boundaries chosen by communities. Fittingly, gambay means "together" in the Butchulla language.
- **Contact a local language centre or Aboriginal community organisation.** They may run classes or be able to share learning resources, and they can tell you what's appropriate for learners, as well as where to find more support.
- **Go to an event.** Aboriginal Languages Week is a perfect time to join a workshop, festival or talk and hear a language spoken by the people who keep it alive. If there are none happening where you live, look for first nations hosted events happening anytime and make a note to go along and connect with the community.
- **Start small.** Learn a greeting, the local name for your suburb, or a nearby river, and practise saying it properly.
- **Ask before you share.** Some words and stories aren't meant for everyone, certain words and dialects are protected by strict cultural protocols governing who can speak them, hear them, or pass them down. [Following community guidance is part of learning well](#).

If you're reading this outside Australia, the same idea applies. Communities from Wales to Aotearoa New Zealand are working to keep their languages strong, so look into the languages that belong to where you live. Learn about their history, cultural identity, and ask about where you can start learning the basics.

Skills you build along the way

Learning any language gives your brain a proper workout. You train yourself to listen closely, spot patterns, and remember (and make) new sounds. You'll also get more comfortable with making mistakes, which is a useful skill in school, at work and in life.

Bigger picture, every language organises ideas in its own way. So learning new ones shows you that your way of describing the world isn't the only way, and that builds empathy and cultural awareness, as well as boosting your communication skills into another stratosphere let alone level.

Employers value these skills too. If an interviewer asks how you handle something new and difficult, learning words in an Aboriginal language, or sticking with French when it got tricky, are great examples of commitment, persistence, ongoing learning, patience, and curiosity in action.

Doors your language skills could open

Language skills can take you in lots of directions. Many roles centred on Aboriginal languages are led by Aboriginal and Torres Strait Islander people, while others use language skills more broadly. Here are a few to explore:

- **Interpreter or translator.** Interpreters help people understand each other in hospitals, courts, and accessing government services.
- **Teacher.** Language teachers, school support workers, and community educators pass languages on to the next generation.
- **Linguist or researcher.** Linguists study how languages work and often partner with communities to record and revive them.
- **Archives, libraries and museums.** These workplaces look after recordings, documents, and objects that help communities reconnect with their languages.
- **Media and the arts.** Musicians, writers, filmmakers and radio presenters use language to tell stories and reach new audiences.
- **Technology.** Apps, online dictionaries, and digital maps all need people who understand both language and tech.
- **Rangers and land management.** Knowing the local names for plants, animals and places can deepen how people care for Country.
- **Community services.** Community roles mean working with people of all cultures and backgrounds, being able to communicate well in their language as well as your could help you build better relationships and make stronger connections.

And if you learn a widely spoken language, such as Spanish, Mandarin, or Arabic, doors can open in international business, travel, diplomacy and aid work, too.

Take your first step

Aboriginal Languages Week is a reminder that languages are worth celebrating, protecting and learning. You don't need to be fluent to make a difference. Learning a single word for the place you live, and saying it with respect, is a meaningful start. It could spark a love of languages, a new way of seeing the world or even a career.

Want to keep exploring? Check out our [resources for First Nations people](#), or dive into our [Job Spotlights](#) to see where your skills could take you.

Skills for Work, University

How to find and land a student internship

Internships might feel like something for later. But if you're planning to go to university, TAFE, polytechnic or college after school, they could become part of your life sooner than you think. An internship lets you work in

your chosen field while you're still studying. It's a chance to test a career, build skills, and meet people who could help you later on.

If you're not sure what an internship involves, read our article, [What is an internship and is it worth doing?](#)

Then read on to find out where to look for internship opportunities, and how to secure a place.

Why it's worth thinking about this now

Some of the choices you make in high school could shape the internships open to you later. Some tertiary courses build work placements into the course itself. Areas like nursing, teaching, and engineering degrees often include time in real workplaces as part of your study, because you'll need to know you can handle the work before you graduate and you'll also need to practise and prove you've got the necessary skills.

In the UK, some degrees include a placement year, where you spend a full year working in industry before your final year. Courses like this are sometimes called [sandwich courses](#), because the work year sits between your years of study.

If you'd love to experience an internship or work placement, it's worth making a note to check when comparing courses. They might be called work placements, work-integrated learning, or a year in industry, as well as internships. If you're not sure you can always ask the future students teams at the institutions whose courses you are considering. Two courses can look almost the same on paper, but if one of them puts you in a real workplace for a year, that could make a huge difference when you start looking for work.

Start with your careers service

Once you start studying, your university or college careers service is the best place to begin. Many have their own job boards, where employers post internships aimed at their students. They might also run careers fairs, CV workshops and practice interviews. Think of the careers service as your local branch of the job market. The roles listed there are often aimed at students like you, so you're not competing with experienced workers.

Where to look in Australia

In Australia, many large employers run summer internships, often called vacation programs. These usually take place over the long summer break between university years.

As one example, engineering firm [Arup runs a 12-week paid Summer Vacation Program](#) for students in their second-to-last year of study, from November to the following February. Students who finish it are automatically considered for a graduate role. [Law firms often run similar programs called clerkships](#), usually for law students in their second-to-last year.

To find these opportunities, try student job boards such as [Prosple](#) and [SEEK Grad](#). You can search by industry, location, and the type of role you're after.

Where to look in New Zealand

New Zealand's tertiary summer break also runs from around December to February, so many internships happen then too. Your institution's careers service and student job boards are good places to start.

If you're interested in technology, look into [Summer of Tech](#). It's an industry-led program that connects tech companies with university and other tertiary students. Students take part in workshops and events during the year, and the program leads to paid summer internships. Prosple and SEEK Grad are also options in New Zealand, and [MoneyHub](#) have a great list of internships to get started with too.

Where to look in the UK

In the UK, students often look for summer internships in their second-to-last year of university, there are plenty on offer. Some [employers also offer shorter insight programmes](#), sometimes called [spring weeks, for first-year students](#). Placement years are another popular option, as mentioned above.

The UK Government runs a [Civil Service Summer Internship Programme](#) for undergraduates from lower socio-economic backgrounds. It offers around 200 paid placements, where students spend two months working in a government department. Interns might help plan events, write briefings for ministers or carry out research. It's open to students in their final two years at university.

Your careers service will also point you towards the student job boards that suit your subject.

What to do if you live somewhere else

Wherever you plan to study, the same steps apply. Look for courses where work integrated learning is offered. If they're not available in your chosen field, start with your institution's careers service and its job board. Look for national graduate and student job websites in your country. Professional associations for the field you're interested in often list internships or run student programs too.

There are lots of organisations offering internship experiences or programs that ask you to pay, we recommend doing your background research and making sure it's the right move for you before signing up for any of those. Remember, if you're thinking about an internship offered in another country, check your eligibility and any visa rules that apply before going any further with your application. Some countries have special visas for students or interns, while others don't allow overseas students to do certain kinds of work.

How to secure an internship

Finding an internship is the first step. Winning a place takes some planning.

Start early, big internship programs often recruit many months ahead and can get competitive. For example, applications for the UK's Civil Service Summer Internship Programme opened in October 2025 for placements starting in summer 2026. If you wait until just before the holidays, you may find that applications have already closed.

Tailor every application. A CV and cover letter that could be sent to any employer won't stand out. Explain why you want to work for that organisation, and link your skills to what they're looking for.

Be ready for each stage. Many larger employers use online tests, video interviews, or group activities as part of their process. Your careers service can help you practise for these and make sure you've got all the technical equipment you'll need.

Make connections and network, going to careers fairs, chatting with lecturers, and joining professional networking sites could all lead to opportunities. Some internships, especially at smaller organisations, are never advertised. A polite email asking about opportunities could open doors.

Finally, start building experience now. Part-time work, volunteering, school leadership roles and personal projects all give you examples to talk about. If you've coached a junior sports team, you can show that you're reliable and good with people. Employers know students are still learning, they want to see that you're curious and willing to put in the effort.

Explore your future career

Internships are one of the best ways to bridge the gap between study and work. Knowing where to find them, and how to apply, means you can make the most of your time as a student. And the things you do now, from choosing courses to building skills, could help you get there.

Want to start exploring where your study could take you? [Browse our jobs and careers articles](#) to find out more about different career paths and how to get started.

Study Tips

Eat the frog study method

You know the feeling when there's one task on your list that you really don't want to do, so you tidy your desk, reply to messages and finish three easy worksheets instead. By the end of the day you've been busy, but that high priority task is still waiting. The Eat the Frog method tackles this habit head on.

The idea is simple: do your hardest, most important task first, before anything else gets in the way.

What is the Eat the Frog method?

The method was made popular by [Brian Tracy in his book Eat That Frog!](#), which is all about beating procrastination. Your "frog" is the task you're most likely to put off, but the one that will make the biggest difference once it's done.

Attributed originally to Nicolas Chamfort a French writer in the 1790's who quotes someone as essentially saying if you eat a live toad the first thing in the morning, nothing much worse will happen to you the rest of

the day. The mental image is a little gross, but the message is useful, because once the hardest thing is behind you, everything else on your list will feel lighter.

Why it works for study

Putting off a task doesn't make it any smaller. If anything, it makes it heavier, because you carry it around with you all day. You might find yourself thinking about it in maths, again at lunch, then it's still looming over you when you finally sit down to study. That background stressing uses up energy you could be putting into the work itself.

Don't worry you're not alone. After a [survey by education company Magoosh back in 2014](#) they reported 86% of high school students reported procrastinating on their school assignments, and 56% of high schoolers were actively distracted by other tasks or activities they would rather be doing instead of their schoolwork. A more [recent study published in 2024 found "alarming data about procrastination among adolescents, especially those attending Secondary Education."](#)

Eating the frog first removes that burden. It also means your toughest task gets your freshest thinking, rather than whatever focus you have left at the end of a long day or study session. Finishing something hard earlier rather than later also gives you proof that you can do difficult things, and that sense of progress or confidence could carry you into the next task. And, if you needed another reason to give it a try, regularly practising this method could build your self-regulation skills which could benefit other areas of your life from improved mental wellbeing, to more effective work habits.

How to find your frog

Your frog isn't always the biggest task on your list. It's the one that matters most and that you're most tempted to avoid. To spot it, ask yourself three questions:

- Which task would make the biggest difference if I finished it today?
- Which task have I been putting off for more than a day or two?
- Which task has the closest deadline?

If one task comes up in all three answers, you've found your frog.

Here's an example. It's Monday and your list includes reading a chapter for English by next week, finishing a geography poster before the end of term, and starting a science report due on Friday. The poster is fun, so it's tempting to start there. But the science report is due soonest, carries the most marks and keeps getting pushed to tomorrow. That's your frog.

What if you have two? A popular version of the saying covers this too: if you have to eat two frogs, eat the bigger one first.

Putting the method into practice

Once you've identified your frog, these steps could help you get it done.

- **Choose your frog the day before.** Write it at the top of tomorrow's to-do list. That way you won't waste the start of your study period deciding what to do.
- **Break it into smaller pieces.** "Write science report" is vague and easy to avoid. "Write the method section" is something you can start straight away. A clear first step makes a big task far less daunting.
- **Start with it.** Tackle your frog at the beginning of your study session, before you check your phone or start ticking off easier jobs.
- **Clear away distractions.** Put your phone in another room and close any tabs you don't need. Give the task your full attention.
- **Keep going until you reach a clear stopping point.** Either finish the task or complete a chunk you planned, such as one section of the report, before moving on.

Making it work for you

Eat the Frog is a guide, not a strict rule, you don't need to be up at dawn to use it. If you do most of your study after school, then "first thing" simply means the start of that session.

It also pairs well with other study methods. If your frog is a long reading task, the [SQ3R technique](#) could give you a clear structure for working through it. If it's a big task that feels overwhelming, try working on it in short, timed blocks with a break in between.

Some days won't go to plan, and that's fine. A surprise test or a busy afternoon could push your frog aside as you reprioritise, in which case just pick it up again tomorrow. If the same frog keeps hopping onto your list day after day, it might be a sign you need a hand. A teacher, tutor, parent, or classmate could help you work out where to begin.

Start with one frog tomorrow

The Eat the Frog method won't make hard tasks any easier, but it will stop them from hanging over your head for too long which might make you feel stressed or anxious. Choose the task that matters most, do it first, and move on.

Why not try it tonight? Look at your list, pick tomorrow's frog and write it at the top. For more ways to plan your time and study smarter, explore our [study tips](#) section.

Pathways, University

Cadetships and Co-Op Scholarships, what's the difference?

What if you could study at university and get a head start on your career at the same time? That's the idea behind two types of program you might not have heard of yet, [cadetships](#) and [co-op scholarships](#). Both mix study with real work, but they work in different ways, and one might suit you better than the other. Here's the main differences explained.

What is a university cadetship?

A cadetship is a deal between you and an employer. The employer supports you while you study for a degree. In return, you work for them - usually part-time during semesters when you're studying, and full-time in the holidays. For example, a cadet at an accounting firm might study a commerce degree three days a week, then spend two days in the office helping with real client work.

Every cadetship will have different terms and conditions, and provide different support. They generally include things like help with your course fees, a wage for the hours you work, and sometimes even a study allowance, alongside mentoring, varied work experience, and the possibility of a permanent role once you've graduated. Cadetships are common in areas like accounting, business, banking, engineering, construction, IT, government and the defence forces. Many cadetships come with an expectation that you'll keep working for the employer after you graduate, that way they'll get the benefits of investing in your education and training. These contracts are often for a set period. It always pays to check the details and research the organisation and the job before you sign.

What is a co-op scholarship program?

A co-op scholarship is run by a university, with funding from a group of industry sponsors. You'll receive a scholarship to help with living costs, as well as completing several work placements (not always paid) as part of your degree.

Unlike a cadetship where you'll work for one employer, you'll usually move between a few different organisations. At UNSW in Australia, for example, Co-op scholars [graduate with up to 18 months of industry experience across multiple companies](#). You might spend six months at a bank, then six months at a tech company, then a final placement at a consulting firm.

Co-op programs also tend to include extra bonuses like invitations to workshops, mentoring and networking events.

Different names around the world

These opportunities aren't called the same thing everywhere. In the UK, the closest match to a cadetship is a [degree apprenticeship](#) - apart from in the [Merchant Navy](#) and military, or maritime sector where they're called cadetships. An employer helps cover your fees while you work full time and study part-time for a degree. In Canada and the US, look for "[Co-op programs](#)". These are much like co-op scholarships, with study terms mixed with paid work terms at different employers. You may also see the wider term "work-integrated learning" or

[internship opportunities](#). If you're doing research, you might like to try looking for all of these terms and work out which opportunity might be best for you.

The advantages of each

Why choose a cadetship?

A cadetship could be a good fit if you're already certain about the field you want to work in. You'll get to know one organisation really well, learn how it runs, and where you might fit in. You'll also earn money while you study, and you may finish your degree with little or no course debt. Plus, there's often a job waiting at the end.

Why choose a co-op scholarship?

A co-op scholarship could be a better fit if you know which subjects you want to study but aren't sure yet which type of workplace or role will suit you. Trying a few different organisations could help you work out what you enjoy, as well as what you don't. You'll also build a wider network, instead of knowing people at one company, you'll have contacts at several. Plus you may get opportunities outside of the workplace that help you build skills that could give you a boost when it comes to applying for jobs, like leadership courses or industry mentoring.

The main differences at a glance

Neither option is better than the other. It comes down to how sure you are about where you want to end up.

What happens after you graduate?

Both options aim to move you straight from study into work.

At UNSW, the Co-op Program reports that [over half of its scholars receive more than one job offer before they graduate](#) (an average from 2022 to 2023), and that on average, 76% of scholars chose to work for a sponsor after graduating (2019 to 2023).

More broadly, a study from the University of Huddersfield in the UK found that [students who completed a placement were more likely to get graduate-level jobs and higher starting salaries](#) than those who didn't.

In New Zealand a report of the [Te Puni Kōkiri Cadetships programme](#) helped cadets gain opportunities for professional development, mentorship, and enabled meaningful contributions to organisational objectives. 97% reported improved skills or gained qualifications; 70% said their career advanced; and 52% gained a pay increase. 100% of host employers surveyed also reported beneficial and increased productivity; with 58% saying they had seen increased revenue as a result.

Both of these programs solve two problems. Employers want people who already know how a workplace runs, graduates end up with real work experience as well as valuable networks so you're not starting from zero.

Where to find them and how to apply

Where to look

Co-op programs are run by universities, so start with the scholarships pages of the universities you're interested in or do more specific searches for co-op scholarships run by them.

Cadetships are offered by employers. Search the careers pages of large companies, accounting and engineering firms, government departments and the defence forces. Your school's careers adviser is also a great person to ask for help and will be able to direct you on where to start your search.

How to apply

Most programs follow similar steps:

- **Check the entry requirements.** Many ask for a minimum result or rank, and some need certain subjects.
- **Watch the deadlines.** These are often earlier than normal university applications. UNSW's Co-op applications, for example, [usually close on 30 September](#) for study starting the next year.
- **Write your application.** Expect to answer questions about why you want it.
- **Prepare for interviews.** Some might include group activities or assessment days.

- **Apply to the university too.** A cadetship or co-op usually sits alongside your normal university application, not instead of it.

Grades matter, but they aren't everything. UNSW says that once applicants meet the academic requirement, [Co-op scholars are chosen largely on interpersonal skills, motivation and leadership potential](#). So part-time jobs, volunteering, community, sport and school leadership roles could all help you stand out.

Find your next step

If you know exactly where you want to work, a cadetship could be your fast track. If you'd like to explore a few options first, a co-op might suit you better. Either way, it pays to start looking early. Ready to see what's out there? [Search for scholarships](#) and [opportunities on our website](#) to start building your shortlist today.

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