

Careers Central Pathways Newsletter

4th March 2021

WESTPORT CAMPUS CAREERS WEBSITE – a resource for students and parents

Please visit www.hscwestportcareers.com



Careers Central Hastings Secondary College facebook page for students and parents. This is a great place to find up to date information on job vacancies, traineeships, entry to university, examinations, ATAR's, etc. Parents are encouraged to like this page. 😊

Welcome to the first edition of Careers Central for 2021. You will receive this newsletter regularly as a Year 10, 11, 12 student and as parents/carers.

This newsletter provides information on the vast array of opportunities for senior students in regards to career pathways. The majority of these sessions are held online, allowing access to programs all over Australia. It is never too early to start thinking of possible future directions.

My role at the Campus is to support students with their successful transition from school to work and to ensure that students do their personal best in senior school.

Students are welcome to make appointments with me or call into my office for a chat. Parents can make contact via a phone call to the Campus or direct email.

Please email: sally.mason@det.nsw.edu.au



Key dates

10th March – CSU Explore Day Year 12

16th March – Parent/Teacher Conferences

Week 9 – Year 12 Mid Course Examinations

31st March – Defence Force Information Session at Campus

28th April – My Journey Careers ONLINE Expo – for students and parents

Term 2 Week 6 to 10 – Year 10 to 11 Course Selection process including Hastings Secondary College Senior Information Night, student & parent/carers interviews and student workshops, university information sessions etc

Term 2 Week 5 – Year 10 and Year 11 Mid Course Examinations

Job Vacancies

There are many job opportunities for part time jobs and apprenticeships/traineeships at present. Please like the Careers Central Hastings Secondary College facebook page for details and check out the Job Vacancies board at the Careers office.

Year 12 - Charles Sturt University Port Macquarie Explore Day



Year 12 will be attending the first university Open day of the year on Wednesday 10th March 2021. Students will participate in workshops relating to the many courses offered and tour the world class learning spaces meeting university faculty staff.

Opportunities for our Students.....

ADF Engineering Careers Virtual Information Session (NSW/ACT)

4 March 2021, 6:30 pm - 8:30 pm Online

Engineers in the ADF spend their careers working with some of the world's most sophisticated hardware and technology. Consider a career in the Navy, Army or Air Force keeping Defence's weapons, vehicles, aircraft, ships and infrastructure operating safely and effectively.

Find out more:

<https://www.defencejobs.gov.au/events/events-detail/uqef7yy>

ADF Gap Year Virtual Information Session

17 March 2021, 6:00 pm - 7:00 pm Online

Spend an exciting 12 months in the Navy, Army or Air Force, where you'll get paid for meaningful work while travelling Australia, gaining skills for life and making lifelong friends.

Join us for a virtual information session and speak with current serving members about the Australian Defence Force Gap Year.

Find out more: <https://www.defencejobs.gov.au/events/events-detail/yf7xs81>



Want to study Medicine at University?

So you want to study Medicine at University? Many people aspire to become Doctors. It's one of the world's most valued professions (and it pays well too). As long as you know it's going to take many years of studying after high school to accomplish your dream, then you're ready to make the next step. But what do you need to know about the pathways to becoming a Doctor in Australia?

Mrs Shaw has copies of the Entry to Medicine Guide – please see her if you would like a copy. 😊

CSU's Year 10 Guide

Are you in Year 10 and thinking of going to uni after school?

Charles Sturt University's Year 10 Guide can provide you with some tips. It will get you thinking about the things you enjoy, different careers out there, and what you can do now in high school to prepare for the future.

Find out more and download a copy of the guide here:

https://cdn.csu.edu.au/data/assets/pdf_file/0009/3438756/Year-10-guide.pdf

Virtual University Tours

Universities all over Australia now offer virtual tours. This is a great way to start exploring universities and all they have to offer. Please read on and click on the links.

NSW

Australian Catholic University, North Sydney Campus: <https://www.acu.edu.au/locations/north-sydney/north-sydney-virtual-tour>

Australian Catholic University, Strathfield Campus:

<https://www.acu.edu.au/locations/strathfield/strathfield-virtual-tour>

Macquarie University: <https://page.mq.edu.au/campus-tours.html>

University of New England: <https://www.une.edu.au/study/study-on-campus/campus-tours>

University of New South Wales: <http://360tour.unsw.edu.au/>

University of Newcastle: <https://www.newcastle.edu.au/open-day/campus-tours>

University of Sydney: <http://tour.sydney.edu.au/>

University of Technology Sydney: <https://www.uts.edu.au/future-students/undergraduate/why-uts/experience-uts-vr>

University of Wollongong:

<https://www.uow.edu.au/about/locations/campus-map/virtual-tours/>

Western Sydney University: <https://www.westernsydney.edu.au/future/student-life/events/campus-tours.html>



QLD

Australian Catholic University, Brisbane Campus: <https://www.acu.edu.au/locations/brisbane/brisbane-virtual-tour>

Bond University: <https://vr.bond.edu.au/>

CQUniversity: https://xr.cqu.org.au/virtual_orientation/

Griffith University: <https://www.griffith.edu.au/international/virtual-experience>

James Cook University, Townsville Campus: <https://www.youtube.com/watch?v=tp6dCslwuPw>

Queensland University of Technology: <https://www.qut.edu.au/about/campuses-and-facilities/virtual-tours>

Southern Cross University: <https://www.scu.edu.au/study-at-scu/why-scu/student-life-and-support/campus-tours/>

University of Queensland: <https://future-students.uq.edu.au/university-life/campus-tours/virtual-tours>

University of Southern Queensland: <https://usq-virtual-tour.goodmediahosting.com/home>

USC: <https://www.usc.edu.au/virtual-tours>

VIC

Australian Catholic University, Melbourne Campus:

<https://www.acu.edu.au/locations/melbourne/melbourne-virtual-tour>

Australian Catholic University, Ballarat Campus: <https://www.acu.edu.au/locations/ballarat/ballarat-virtual-tour>

Deakin University: <https://openday.deakin.edu.au/campuses/>

Federation University: <https://federation.edu.au/virtualtour>

La Trobe University, Melbourne Campus: <https://www.latrobe.edu.au/melbourne/virtual-tour>

La Trobe University, Albury-Wodonga Campus: <https://www.latrobe.edu.au/aw/virtual-tour>

La Trobe University, Bendigo Campus: <https://www.latrobe.edu.au/bendigo/virtual-tour>

La Trobe University, Mildura Campus: <https://www.latrobe.edu.au/mildura/virtual-tour>

La Trobe University, Shepparton Campus: <https://www.latrobe.edu.au/shepparton/virtual-tour>

Monash University: <https://www.monash.edu/virtual-tours>

RMIT: <https://www.rmit.edu.au/study-with-us/virtual-campus-tour>

Swinburne University: <https://www.swinburne.edu.au/virtual-tour/360/photos/>

University of Melbourne: <https://study.unimelb.edu.au/discover/virtual-tour>

Victoria University: https://www.youtube.com/playlist?list=PL3y_wByS2sRPafspC45HiKnnLqzejFYqs

ACT

Australian Catholic University, Canberra Campus: <https://www.acu.edu.au/locations/canberra/canberra-virtual-tour>

Australian National University: <https://www.youtube.com/playlist?list=PLMcpKDHnkVLSuvdK-ON8CN9QmgJ8Mbb>

University of Canberra: <https://www.canberra.edu.au/on-campus/campus-tours/virtual-tours>

SA

Flinders University: <https://www.flinders.edu.au/campus/virtual-reality>

University of Adelaide: <https://www.adelaide.edu.au/tours/>

University of South Australia: <https://www.unisa.edu.au/visit/virtual-campus-tours/>

WA

Curtin University: <https://explore.curtin.edu.au/>

Edith Cowan University: <https://www.ecu.edu.au/vr/overview>

Murdoch University: <https://murdoch-360.azureedge.net/360/Perthcampustour/murdochVT.html>

University of Western Australia: <https://www.web.uwa.edu.au/360-campus-tour/>

NT

Charles Darwin University: <https://virtualopenday.cdu.edu.au/>

TAS

University of Tasmania: <https://www.utas.edu.au/health/virtual-tour/uni-view/>

Grandshake Drone Pilot and GIS Analyst Virtual Work Experience

This program offers you a taste of what it's like to be a Drone Pilot and GIS Analyst at Cardno. You will be working on a geotechnical risk assessment project to upgrade the walking trails at the Murramarang South Coast Walk. Your tasks will include digitally mapping the drone's route, creating a pre-flight safety checklist accounting for the weather conditions and aerodrome forecast, recording a drone flight simulation, and working with 3D map imagery.

[Learn more](#)

Grandshake Sustainability Consultant Virtual Work Experience

This exciting program gives you an opportunity to develop all aspects of a large-scale sustainability-themed campaign for Inland Rail. As a Sustainability Consultant, you will come up with an initial campaign proposal, identify its local and global significance, suggest potential partnerships and community liaisons, plan the campaign roll-out schedule and communications strategy, and present an elevator pitch of your final product to the Inland Rail team of sustainability experts and champions.

[Learn more](#)



iCanMed | Free UCAT Webinar: How to Finish Your UCAT Study During Term 1 & 2

14 March 2021, 1:00 pm - 3:30 pm Online

To help students succeed, iCanMed has broken down 100,000 UCAT exam questions to identify the key question types that are asked every year.

In this 2.5-hour workshop, we will be:

- Revealing a Term 1 & 2 timeline, including weekly preparation goals, time allocations and study milestones to help keep you on track
- Identifying the most common mistakes that cause students to waste valuable UCAT time
- Outlining optimal methods for preparing for the UCAT (minimum time, maximum return)
- Sitting a short mock test, followed by live step-by-step teaching of the most commonly asked Section 1, 2, 3, 4 and 5 questions
- Explaining why most students who wait until Term 2 to start UCAT preparation have an extremely high chance of failure

Find out more: <https://www.bigmarker.com/icanmed/Free-UCAT-Webinar-REPEAT-STREAM-How-to-Finish-Your-UCAT-Study-During-Term-1-2-recommended-timeline-e6d1b2e761fecb283319425>

Sydney Design School | Info Session

15 April 2021, 1:00 pm - 1:40 pm Sydney Design School, St Leonards

Find out everything you need to know about our flexible courses and career support. Our Director, Amanda Grace will introduce you to our unique philosophy, passionate Educators and industry focused approach to learning.

Find out more: <https://sydneydesignschool.com.au/information-sessions/>

Year13 Expo

17 May 2021, 9:00 am - 19 May 2021, 4:00 pm Online

Not sure what you should be doing with your future or keen to know more about your dream career? The Year13 Expo is coming back during National Careers Week in May to sort you out.

Hear career stories and advice from some incredible humans at the top of their game, plus explore hundreds of exhibitors across all of your post-school options in work, study and travel.

Find out more: <https://year13.com.au/expo>

NIDA | Open Day

12 June 2021, 9:00 am - 3:00 pm

National Institute of Dramatic Art, Kensington

The National Institute of Dramatic Art (NIDA) is Australia's leading performing arts school, and its graduates are highly regarded throughout the creative and entertainment industries.

Find out more about studying at NIDA at their Open Day in 2021.

Find out more: <https://www.nida.edu.au/productions/open-day>

Macquarie University | Open Day 2021



14 August 2021, 9:00 am - 3:00 pm Macquarie University

Come to our Open Day and find out how our industry connections, passion for collaboration and appetite for unconventional thinking will help you achieve remarkable things. Attend lectures, speak with our experts, and explore our campus. Open Day is an experience made for (YOU)^{US}.

Find out more: <https://www.mq.edu.au/open-day>

Girls Day Out in STEM

7 March 2021, 9:00 am - 4:00 pm Online

Girls Day Out in STEM (GDOS) empowers and inspires girls aged 10-14 years to learn about careers in Science, Technology, Engineering and Maths (STEM) while in a fun, safe and engaging environment. Girls will hear from women in STEM, learn about important contributions already made by other young girls in STEM and what opportunities a future in Science, Technology, Engineering and Maths can bring. This year's event will be run online.

Find out more: <https://www.gdostem.com.au/>

SAE | Film Masterclass, Byron Bay

19 March 2021, 1:30 pm - 4:00 pm

SAE Institute Byron Bay

Are you an emerging filmmaker looking to break into the short film industry? Don't miss this exclusive masterclass where prominent industry experts will share their knowledge and give advice on how to get your big break into the world of short films.

Find out more: <https://sae.edu.au/news-and-events/events/sae-byron-bay-film-masterclass/?date=2021-03-19&id=1034>

Music Theatre Taster Workshop

27 March 2021, 9:30 am - 1:00 pm Sydney Conservatorium of Music

Join Dr. Narelle Yeo, Peter Cousins, Simon Kenway as they introduce you to the skills needed to be a great musical theatre performer.

During the session we will give you insights into the art of musical theatre including stagecraft and presence, vocal technique, characterization, ensemble work and more. You will have the chance to dance, act and sing in this hands-on workshop giving you not just a glimpse but a taste of the fascinating, exciting, sometimes glamorous but always hard working world of music theatre.

For students 15-25 years of age.

Find out more: <https://openacademy.sydney.edu.au/course/WFMTT>

Enter the World of Le Cordon Bleu – Career Residential

20 July 2021, 9:00 am - 22 July 2021, 3:00 pm

16 November 2021, 9:00 am - 18 November 2021, 3:00 pm

Le Cordon Bleu Australia, Sydney

We're opening our doors to high school students in Years 11 & 12, to experience a 'day in the life' at one of the world's leading culinary and hospitality institutions to provide a taste of what a future career in global hospitality will be like. Meet lecturers and Le Cordon Bleu professionals, hear from industry experts, discover what Le Cordon Bleu hospitality management degree programmes involve and experience hands-on culinary arts with our chefs.

Find out more: <https://www.cordonbleu.edu/sydney/enter-the-world-of-le-cordon-bleu/en>



A Career as a Research Scientist

When you think of research, you might imagine sitting in a lab all day hunched over a desk. But a career as a research scientist can be much more exciting than that, as proven by QUT Adjunct Professor Dr David Flannery.

Dr Flannery, who is an expert in geology, palaeobiology and astrobiology, used his expertise to help NASA to land their Perseverance Rover on Mars.

Dr Flannery's top piece of advice is to make sure you follow your passions and do what you love. "What I do is a huge amount of fun and if it wasn't fun I wouldn't do it," he says. "It might sound cheesy but if you follow your interests you'll be good at it and you'll apply yourself well."

Learn more about Dr Flannery's career and read the full interview on Careers with STEM's website here:

<https://careerswithstem.com.au/profiles/david-flannery/>

Feature Article - Zoom Interview Tips

Although video and phone interviews have both been around for a long time, in the post-2020/COVID era, Zoom and the like have never been more popular. In some instances, this method of interviewing may have replaced physical interviews because it's just easier all around.

We've put together a few of the top Zoom interview tips that could help you wow your interviewers.

Mute yourself

Use the mute button so that if the interviewer(s) are talking they can't hear anything going on at your end. From the dog barking or your parents shouting at your siblings. It could help you to feel more relaxed and allow your interviewer to stay focused.

Make good eye contact

In face-to-face interviews it's easy to give good eye contact to show that you're engaged. We recommend that you look at the camera and consider closing the window where you can see yourself – that way it won't look like you're watching yourself instead of paying attention to the interviewer.



Be selective about where you set up

When you're preparing for an interview, pay some attention to the background.

Choose a room that's well lit – the interviewer will want to see your face, not just a halo or a silhouette. Get away from the main house traffic; you can also make sure that you close the door and windows if you're in a noisy environment.

Think about what's going to look the most professional in the background – do you really want them seeing the posters on your wall or your neighbour's washing flapping on the line?

It's worth taking a few minutes before your Zoom slot to try out the area you have in mind and make sure that you're happy with it.

Struggling to find a great spot? Ask your school or local library if they have a little room that you could use.

Eliminate distractions

Before you start, *remember to silence your phone*; you don't want you BFF calling you halfway through to find out how you went. It could be really distracting and probably isn't the image that you want to be presenting.

You could also turn off any notifications on your computer while you're at it. You could also close any other applications or web pages and set the Zoom meeting to full screen.

Let those around you know you'll be in an interview, whether it's family or friends, so they'll be sure not to interrupt.

Stay Focused

Just as you would when you're talking to someone in real life, make sure that you use all of your communication skills to show that you're giving your full attention to what's being said or asked. A good posture, eye contact, nodding and other non-verbal gestures all show the interviewer that you're actively listening (don't forget, if you've muted your audio, they won't hear you if you're agreeing verbally).

Sort your technology out

Yes, you can use Zoom on a phone, and that could be really handy, but if you have the option, it's best to use either a laptop or computer. That way you can set it all up on a table, have your hands free and present an image that doesn't wobble about or shake.

Whatever you decide to connect on, make sure it's fully charged or on the charge before you go online. It would be disastrous if you got cut off mid-way through an interview and couldn't get back online. Make sure Zoom is up to date and that you've got a great internet connection.

Be professional

If you're being interviewed from home, it could be tempting to wear your work out gear – our advice is don't. Dress as you would for a face-to-face interview. Not only will you look the part, but it could also help to put you in the right frame of mind. So pull out your best outfit, get it ironed, do your hair and shine your shoes.

It's also a good idea to close down everything else on your computer (browser windows, apps, social media accounts etc.), so that if you have to screen share or accidentally hit the wrong button, there won't be anything in view that you wouldn't want the interviewer to see.

Practise beforehand

As well as practicing some interview questions and answers and doing your background research on the company, it's a good idea to brush up on all your Zoom functions. Maybe do a mock interview with a friend or relative over Zoom and see what tricks you can pick up.

Plan a couple of questions

At the end of an interview, you'll often be asked if you have any questions. Asking a couple of well thought out questions could show that you're interested in the job and also that you've been paying attention. You could ask about the company's culture, the role's responsibilities or what the interviewer enjoys most about the company. Don't ask questions about topics that the interviewer has already covered though, even if it was on your list.

One final pro tip

Stay away from the filters - <https://youtu.be/s-frHneo95k>

Job Spotlight – Lab Technician

What do Lab Technicians do?

Lab Technician roles can vary hugely depending on the industry and organisation you're employed with. You could be carrying out tests and experiments, providing support and assisting with research and design, production or teaching.

You might also be responsible for maintaining lab tools and equipment, recording data, setting up for experiments, or performing inspections of and calibrating and maintaining test equipment. There are opportunities to work in many industry areas from chemistry and earth sciences, to life sciences and physical sciences.

If you enjoy maths and science, have fantastic attention to detail, are patient and great at working as part of a team, becoming a Lab Technician could be a career goal to aim for.

About you:

- Meticulous approach to work, thorough, accurate and detail-oriented
- Highly organised and methodical when running tests, prepping or ordering in supplies
- Able to multitask effectively but focus when required
- Good hand-eye coordination and dexterity for using the equipment, safely handling samples and testing
- Excellent numeracy skills for both running tests and creating reports
- High level communication skills, especially written. Required for clear and concise recording of results, report writing and creating Standard Operating Procedures (SOPs).
- You must be able to work well and communicate effectively as part of a team, which could sometimes be extremely large.

The job:

The specific duties you'll have to do will vary depending on where you're employed, and the kind of work being carried out there.

You will always have to be able to follow strict rules, guidelines, protocols or regulations no matter where you work.

Examples of work include:

- Collect and prepare samples, specimens and equipment for experiments
- Carry out or supervise experiments and tests
- Record precise and accurate results
- Calculate, compute, collate and present results in graphic and written formats, e.g. charts, maps, sketches, diagrams and reports
- Cleaning of the lab and equipment
- Perform routine maintenance and calibration of laboratory equipment
- Create reports and operating procedures based on experiments and other lab-based activities
- Supervise junior lab workers and support other professionals with their work
- Carry out stocktakes, order in supplies, do inspections

Lifestyle Impact: Low

- Part Time opportunities: Average – around one in three (29%) Lab Technicians work part-time (source: joboutlook.gov.au)
- Average hours for full-time workers: 43 hours a week (source: joboutlook.gov.au)
- Lab Technicians salary (average) \$75,000* per year (source: com.au)

*salaries vary between industries, your role, and depending on your skills and experience

- Future career growth: Stable overall, but strong in some industries e.g. Medical (source: joboutlook.gov.au & seek.com.au)
- In some roles you may be able to rotate between labs, learn new skills and techniques opening up a range of new opportunities. You may need work flexible hours to set up experiments, see them through until they're done, or clean up afterwards. It's unlikely that you will be able to work from home.

Lab Technicians are most in demand in these locations

Most Lab technicians work within these industries:

- Education and training
- Professional, Scientific and technical services
- Manufacturing

The majority of jobs are in New South Wales, Victoria, Queensland and Western Australia.

How to become a Lab Technician in Australia

You'll most likely need a formal qualification to gain employment as a Lab Technician.

It is possible to work in this field without formal qualifications, but you'll need to have extensive work experience under your belt; and you may have to compete with applicants who have formal qualifications.

Step 1 – Obtain your high school certificate; doing subjects like chemistry, biology, and advanced math could really help you out. English will be a requirement in any role, and you could consider IT as well.

Step 2 – Complete a relevant VET or tertiary qualification, e.g.:

[Certificate III in Laboratory Skills](#)

[Certificate IV in Laboratory Techniques](#)

[Diploma of Laboratory Technology](#)

[Bachelor of Biomedical Science \(Laboratory Medicine\) at RMIT](#)

[Bachelor of Medical Laboratory Science at Griffith](#)

[Bachelor of Medical Laboratory Science \(Honours\) at JCU](#)

You could also consider applying for a Traineeship or Apprenticeship, where you'll receive a VET qualification, work experience and be paid a salary. This also has the added advantage of being able to network and showcase your abilities, meaning you could end up with a job once you're qualified.

Step 3 – Obtain licensing and other certification if they're required. For example, if you're working in schools you may need a working with children check and police check. If you work in a lab with dangerous chemicals, then you may need a handling license.

Step 4 – Gain work experience, continue your education and specialise into an area that interests you, or pursue roles in research, product development, and administration or management.

Find out more here –

<https://www.aims.org.au/>

<https://seta.edu.au/>

<http://www.sciencevictoria.com.au/labtech/index.html>

<https://www.aacb.asn.au/>

Similar Careers to Lab Technician

[Pathology Collector](#)

Forensic Scientist

Medical Laboratory Technician

Dental Technician

Biologist



Chemist
Sonographer
[Radiographer](#)
[Technician](#)

What do Lab Technicians do?

Laboratory Technicians perform procedures, run experiments, maintain equipment, and assist other scientists with their work.

What career advance opportunities are available to Lab Technicians?

You could, with some additional training or experience, move into other roles including research and development, administration or management.

What industries employ Lab Technicians?

Lots of industries need Lab Technicians – Education, Medical, Pharmaceutical, Agriculture, Aquaculture, Public Safety, Forensics, Manufacturing, Chemical; the list goes on.

Do I need to go to university to become a Lab Technician?

You don't have to get any formal qualifications to work as a Lab Technician, but you could be limiting your opportunities without them. If you go to uni, you might be able to specialise earlier in life and work in more senior positions faster.

Where do Lab Technicians work?

Laboratory Technicians work in many settings such including hospitals, medical laboratories, schools, in the police and forensics, manufacturing plants and even out in the field.

What are 3 things I can do right now to help me become a Lab Technician?

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

1. Work on your technology skills
2. Practise being organised and flexible
3. Develop hobbies that require lots of focus, patience and repetitive tasks – cooking, painting, woodwork, or body building are just a few ideas.

Sally Shaw

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