Have you got the aptitude for the apprenticeship/traineeship you want?

The Australian Apprenticeships and Traineeships Information Service has developed a Practice Aptitude Quizzes web page at http://www.aatinfo.com.au/Career-Resources/Practice-Aptitude-Quizzes, which provides information and quizzes for a range of industries. Some of the industries included are Tourism, Allied Health, Community Recreation, Financial Services and Horticulture. Visit the site to see if you have the aptitude for some of the jobs in the industries listed.
Career Quest – a quiz for career explorers

Career Quest is a career interest questionnaire. It consists of 78 questions and takes about 10 minutes to do. At the end of the questionnaire you are presented with a list of jobs that result from how you answered the questions in the quiz. You can then select the jobs on the list that seem most interesting and find out more about them.

Career Quest can be found on the Careers NZ website at http://www.careers.govt.nz/tools/. Other career tools on this site are:

- Know your skills – an activity to help you identify your skills
- Skill Matcher – helps you identify jobs based on your skills
- Subject Matcher – gives you job ideas based on the subjects you like

Remember, none of these activities can tell you the best job for you. What they do is help you come up with ideas, in a fun way, to start your career exploration. You can use the resources on the Careers NZ website to read about the jobs that come up for you or you can use Australia’s career information website, myfuture, at http://www.myfuture.edu.au/.

Work experience with CSIRO scientists

CSIRO offers work experience placements to students from Australian high schools in Years 10, 11 and 12 who are interested in mathematics or science. To explore the options available, visit http://www.csiro.au/org/Work-Experience-Overview. To apply you need to submit the ‘2014 Application form for work experience at CAIRO’ by the 31 March 2014.
2014 Queensland Science Contest

This contest is organised by the Science Teachers’ Association of Queensland to stimulate interest in the study of science. The contest is open to primary and secondary students. Participants are required to submit a science project from one of six categories. Go to http://www.staq.qld.edu.au/queensland-science-contest/ for contest details. Registrations close on 5 September 2014.

Bug attack! The Hermitage Plant Science Competition.

This competition is open to students with an interest in science and agriculture. This year’s topic is ‘Bug Attack!’. Visit http://www.daff.qld.gov.au/plants/field-crops-and-pastures/research/hermitage-competition/competition-details for competition details. Entries close on Friday 27 June 2014.

DG Student Design Competition 2014

The DG Design network is a resource for creative people. Each year it conducts a competition for Australian tertiary and secondary school students. Entrants are required to design a cover for an imaginary issue of DG magazine with the theme ‘Famous Designers’. See http://www.dgdesignnetwork.com.au/dgdn/dg-student-design-competition/ for more information. Applications for the competition close on 17 April 2014.

Google Science Fair 2014

This is an online competition for students aged between 13 and 18 years who have an idea that could change the world. Entries close on Monday 12 May 2014. See https://www.googlesciencefair.com/en/ for more information.

Junior Authors Short Story Writing Competition

Do you dream of being a writer? If so, this competition can get you started. The competition is open to young writers between the ages of 9 to 21 years from any country. Your story can be about anything you like with a maximum length of 1000 words. See http://laurathomascommunications.com/juniorauthorscontest/ for more information. The application due date is 30 June 2014.
One Week Without Borders Competition

This competition is sponsored by Young People without Borders, a volunteer organisation (see http://ypwb.org.au/). The competition will give two young people aged 13 – 22 years a chance to win a trip around Australia experiencing volunteering opportunities while being filmed by a film crew. Visit http://oneweekwithoutborders.com/ for competition details. Entries close on 9 April 2014.

Register now for the 2014 Australian-New Zealand Brain Bee Challenge

This Challenge, which is open to Year 10 students, is a neuroscience competition in which participants learn about the brain through provided resources and then complete an online quiz. Round one of the Challenge will be online from 3 – 23 March 2014, with Brain Awareness Week in the middle of the round from 10 – 16 March. The provided resources can be downloaded at http://www.abbc.edu.au/. Ask your science teacher or guidance officer/counsellor about registering for this event.

The 2014 ATOM Awards for film and media excellence

The ATOM Awards are for achievement in film and media. This year there are over thirty entry categories from documentaries and television programs to animation, games and multimedia. Read about these categories that include awards for primary and secondary students at http://atomawards.org/. Entries close on Friday 6 June 2014.
Careers and VET qualifications in the community services and health industry

The Community Services and Health Industry Skills Council have produced a directory of careers that require a VET qualification. Jobs listed in the directory include Aged Care, Allied Health Assistant, Anaesthetic Technology, Massage, Mortuary Theatre Practice, Reflexology and Western Herbal Medicine. See http://www.cshisc.com.au/discover/industries-a-z-directory/?atoz=w for the full list.

Charlton Brown

Charlton Brown is a private registered training organisation and employment agency that trains and places graduates in employment locally, nationally and internationally. It is located in Brisbane’s Fortitude Valley and offers courses in Early Childhood Education and Care, Aged Care, Home and Community Care, Disability Care, Outside School Hours Care and Community Services Work. If you are interested in finding out more about these courses, visit the website at http://www.charltonbrown.com.au/.

Considering university but don’t know what it’s all about?


CQ University (CQU) online information session

CQU will conduct an online information session from 4 – 6 pm on Thursday 6 March 2014. The session will provide you with an opportunity to find out about CQU courses and the various pathways to gaining entry. See http://www.cqu.edu.au/calendar/event-items/information-session/online-information-session7?SQ_CALENDAR_DATE=2014-03-06 for details.
Experience Griffith 2014

Griffith University is inviting Year 12 students to experience being a university student during its Experience Griffith Week. Students can select one of 10 different study areas from one campus for their one-day experience. Campus dates and study areas are:

South Bank: Monday 28 April 2014

- Visual and Creative Arts
- Queensland Conservatorium

Mt Gravatt and Nathan: Tuesday 29 April 2014

- Business and Government
- Criminology and Law
- Education
- Engineering and Information Technology
- Health
- Humanities and Languages
- Science and Aviation

Gold Coast: Friday 2 May 2014

- Business and Government
- Criminology and Law
- Education
- Engineering and Information Technology
- Health
- Humanities and Languages
- Queensland Conservatorium
- Science and Aviation
- Visual and Creative Arts

Registrations open on Monday 10 March and close on Friday 28 March 2014. See your guidance officer/counsellor for more information and to express your interest in attending.

Interested in performing arts courses?

You can access the 2014 Directory of Performing Arts Courses at [http://stagewhispers.com.au/showcase](http://stagewhispers.com.au/showcase). The courses listed in the directory cover areas such as acting, drama, arts management, dance, costumes, sets design and making, make-up, directing, music theatre, sound and light, voice, stage management, and writing for theatre.
Start university while still at school

The following universities in Queensland offer programs that enable high achieving students in Years 11 and/or 12 to have a university experience through studying a university subject. The subjects may be free and may provide credit towards a university degree and/or guarantee entry to a degree at the end of Year 12. The universities usually provide information sessions for these programs (explore the links below for dates for Semester/Term two, 2014). Entry to these programs must have the support of your school.

Bond University has a Student for a Semester program for academically capable students in Years 11 and 12 who live on the Gold Coast, Brisbane and Northern New South Wales. The application due date for the May Semester is 30 April 2014. Visit http://www.bond.edu.au/student-for-a-semester for details of the program and an online application.

CQUniversity has a Start Uni Now (SUN) program for students in Years 11 and 12. Applications for Term two (1 June – 24 October) will close on 16 June 2014. See http://www.cqu.edu.au/study/who-am-i/school-leaver/start-uni-now-sun for more information.

James Cook University (JCU) offers exceptional or gifted students in Years 11 or 12 an opportunity to enrol for study in the School of Creative Arts at JCU, Townsville Campus as part of their senior studies. See http://www.jcu.edu.au/soca/JCUPRD_046987.html for more information.

The Griffith University Early Start to Tertiary Study (GUESTS) program is offered to students in Year 12. Applications for Semester two close on 30 May 2014. See http://www.griffith.edu.au/pathways/guests-program for more information.

The Queensland University of Technology’s Start QUT Program is offered to students in Year 12. The application due date for Semester two is 16 May 2014. See http://www.qut.edu.au/study/high-school-programs/start-qut for more information.

The University of Queensland offers an Enhanced Studies Program (ESP) for Year 12 students. Applications close in the year previous to commencing the program (usually in October). See http://www.uq.edu.au/esp/ for more information.

The University of Southern Queensland (USQ) has a Head Start Program for students in Years 11 and 12. This program is offered on-campus at USQ’s Toowoomba, Springfield and Fraser Coast Campuses, or via distance education. Applications for Semester two close on 30 June 2014. See http://www.usq.edu.au/future-students/high-school-students/head-start for more information.

The University of the Sunshine Coast (USC) has a Headstart Program for students in Years 11 and 12. Applications for Semester two close on 16 May 2014. See
The Queensland Junior Physics Olympiad (JPhO)

JPhO is a University of Queensland (UQ) five-day physics program for Year 10 students interested in science and mathematics. It will be held from 7 – 11 July 2014. If you would like to increase your knowledge of physics through problem solving activities and participation in forums with UQ researchers, find out more at http://www.smp.uq.edu.au/jpho. Applications close on 12 May 2014.

University of the Sunshine Coast (USC) Headstart information evening

USC’s Headstart program provides an opportunity for students in Years 11 and 12 to study a university subject. An information evening for this program will be held from 6 – 7.30 pm on Wednesday 26 March 2014 at the Sippy Downs campus and on Tuesday 25 March 2014 at the Gympie campus. Applications for Semester 2 close on 16 May 2014. For more information, visit http://www.usc.edu.au/study/courses-and-programs/headstart-program-year-11-and-12-students.

Updates from the University of Queensland (UQ)

UQ new Doctor of Medicine program

UQ will introduce a new Doctor of Medicine (MD) program in 2015. This four-year postgraduate-entry MD degree will replace the current four-year B Medicine/B Surgery (MBBS) program. Visit http://www.som.uq.edu.au/about/organisation/doctor-of-medicine-degree-(md)-at-uq.aspx for more information.

UQ Advantage Award

This is a new program for undergraduate students. It provides opportunities for students to participate in three core areas (Global and cultural engagement, Research and entrepreneurship, Social responsibility and leadership) and to access a symposium series. Read more at http://www.uq.edu.au/undergraduate/advantage-award/.

UQ apps

UQ students have access to a number of useful apps, from UQnav that helps you find where things are at UQ campuses to UQ News for updates. Visit UQ’s App Central at http://www.uq.edu.au/appcentral/?category=&device=android to find out more.

UQ videos

View the new online videos for school leavers at http://www.youtube.com/playlist?list=PLbnFs5ypk_Kn4zORg_biMcltQvK3Jq-
Topics include transitioning to uni, tips for your QTAC application, choosing what to study, accommodation and transport options.

**Learn to row program at UQ**

All ages are invited to join this five-week course at the UQ Boat shed. The course is held on Saturday mornings. Go to [http://www.uq.edu.au/events/event_view.php?event_id=10057](http://www.uq.edu.au/events/event_view.php?event_id=10057) for details.

**UQ Geography Day**

This event will be held on 25 July 2014. It is for Year 10-12 students to learn about the relevance of studying geography, planning and environmental management and the interesting careers these subjects can lead to. See [http://www.gpem.uq.edu.au/geography-day](http://www.gpem.uq.edu.au/geography-day) for more information. Talk to your geography teacher or guidance officer/counsellor if you are interested in attending this event.

**Interested in studying a B Arts at UQ?**

The website at [http://www.hass.uq.edu.au/future-students](http://www.hass.uq.edu.au/future-students) provides information about all the study areas available in UQ’s B Arts. The information for each study area includes key employment areas.

**UQ’s current high school student website**

On this site at [http://www.uq.edu.au/study/index.html?page=13018](http://www.uq.edu.au/study/index.html?page=13018) you can find out about the UQ Bonus rank scheme, upcoming events, scholarships and much more. You can also register to receive the Student Update Newsletter.

**Year 11 and 12 students can access UQ library resources**

Through the UQL Cyberschool Brisbane students can join the UQ Library and borrow books. Join at [https://www.library.uq.edu.au/services-for/borrowing-application-form](https://www.library.uq.edu.au/services-for/borrowing-application-form). You can access free online resources for senior subjects and a number of other resources including handy referencing tools.

**What’s new at the Australian Catholic University (ACU)?**

**B Biomedical Science in 2015**

ACU will offer this course (subject to final approval) at its Brisbane campus next year. Visit [http://www.acu.edu.au/about_acu/faculties_institutes_and_centres/health_sciences/schools/school_of_science/courses/bachelor_of_biomedical_science](http://www.acu.edu.au/about_acu/faculties_institutes_and_centres/health_sciences/schools/school_of_science/courses/bachelor_of_biomedical_science) for details of the course.
University Experience Day

This event provides future students with an opportunity to sample a degree in which they are interested and to check out the ACU staff and campus. It will be held on 3 July 2014 at the ACU Brisbane campus. For more information, visit http://www.acu.edu.au/study_at_acu/future_students/undergraduate/experience_uni_before_you_start.

2014 Open Day

This year ACU Brisbane campus will hold its open day on 26 July. Open days are opportunities to explore courses and to meet current students. Visit http://www.acu.edu.au/study_at_acu/future_students/undergraduate/experience_uni_before_you_start for more information.

Faculty restructure

ACU now has four faculties:

- Education and Arts
- Health Sciences
- Law and Business
- Theology and Philosophy

Visit the website at http://www.acu.edu.au/ to read about the courses offered by each faculty.

Information for future students

Visit http://www.acu.edu.au/study_at_acu/future_students/undergraduate for information that can assist you in making decisions for your future study.
Indigenous Scholarships Website

This website at http://www.indigenousscholarships.com.au contains information on a wide range of scholarships available to Aboriginal and Torres Strait Islander students. The site also has information to answer the following questions.

- Why go to uni?
- Where can I study?
- How much does going to uni cost?
- What scholarships are available?
- How do I apply for a scholarship?

Be inspired by reading the case studies on the site. The site also has a function to sign up to receive a regular newsletter.
Be a ski instructor in Canada

Educating Adventures offers ski and snowboard instructor courses and internships. The internships may provide an opportunity to obtain paid employment at a ski resort and complete an internationally recognised ski or snowboard instructing qualification. See [http://www.easkiandsnowboard.com/](http://www.easkiandsnowboard.com/) for more information.

Gap year program information sessions

- 24 March 2014 – Lattitude Global Volunteering online introductory information session, see [http://www.lattitude.org.au/](http://www.lattitude.org.au/). This organisation offers a number of online information sessions on specific projects during March.

Lattitude Global Volunteering

Lattitude offers students an opportunity to volunteer overseas in a number of different roles, including school assistant, teacher, sports coach, outdoor activity instructor, community worker, medical assistant and caring assistant. Applications close on 27 June 2014 for most placements in 2015. Lattitude will hold an information session in Brisbane on 21 May 2014. See [http://www.lattitude.org.au/](http://www.lattitude.org.au/) for more information.
A life without limits - surveying

Interested in working indoors and outdoors in a job with lots of variety? Like Maths and Geography? Want a job with good employment prospects? Have you considered surveying as a career option?

The ‘A Life without Limits’ website at http://www.alifewithoutlimits.com.au/ is dedicated to providing you with information about surveying. The site includes video clips and case studies and explains the different roles within the field of surveying.


Are you a budding writer?

Ever thought of publishing your writing? You could write an article about an event or review a book/DVD/music and submit it to your local newspaper or to a popular magazine. For example, SPRESS Magazine has a ‘Yoursay’ section where young people can submit an opinion or a review. Go to the magazine’s website at http://www.spress.com.au/ for more information.

It is a good idea to develop a portfolio of your writing. This is a collection of your work. It can be stored in a folder or electronically. Your portfolio could come in handy in the future when you are looking for a job or applying for courses that require a portfolio.

Future jobs

A select group of futurists and thinkers were asked to list what science and technology jobs they think will be most popular in 2030. They came up with 110 jobs, of which 20 were selected for further study. The following is a list of the 20 jobs with a brief description taken from the Smart Planet blog at http://www.smartplanet.com/blog/smart-takes/top-20-most-popular-future-jobs-of-2030-vertical-farmer-limb-maker-waste-data-handler-narrowcaster/3384.

- **Body part maker**: Create living body parts for athletes and soldiers.
- **Nano-medic**: Nanotechnology advances mean sub-atomic treatments could transform healthcare.
• **GM or recombinant farmer:** That’s ‘GM’ as in ‘genetically modified’ or engineered crops and livestock.

• **Elderly wellness consultant:** As an aging population increases in size, we’ll need folks to tend to their physical and mental needs.

• **Memory augmentation surgeon:** Surgeons could boost patients’ memory when it hits capacity.

• **'New science' ethicist:** With the rise of cloning and other ethically-dubious practices, ethicists will be needed to ford the river of progress.

• **Space pilots, tour guides and architects:** Space tourism will allow for space pilots, tour guides and the architects that will allow them to live in lunar outposts.

• **Vertical farmers:** The future of farming is straight up. Vertical farms in urban areas could significantly increase food supply.

• **Climate change reversal specialist:** Regardless of what you think about human-induced climate change, it’s clear we’ll need scientists who specialize in altering it.

• **Quarantine enforcer:** When a deadly virus spreads rapidly, quarantine enforcers will ‘guard the gates’.

• **Weather modification police:** If weather patterns can be altered and adversely affect other parts of the world, law enforcement will be needed to keep things legal.

• **Virtual lawyer:** As international law grows to supersede national law, lawyers will be needed to handle cases that involve people living in several nations with different laws.

• **Classroom avatar manager:** Intelligent avatars will replace classroom teachers, but the human touch will be needed to properly match teacher to student.

• **Alternative vehicle developers:** Goodbye, internal combustion engine. Zero-emission cars will need smart people to design and manufacture them.

• **Narrowcasters:** As in, the opposite of ‘broadcaster’. Media will grow increasingly personalized, and we’ll need people to handle all those streams.

• **Waste data handler:** Think of it as an ‘IT axe man’ for information. Waste data handlers will destroy data for security purposes.

• **Virtual clutter organizer:** Now that your electronic life is more cluttered than your physical one, you’ll need someone to clean things up – including your e-mail, desktop and user accounts.

• **Time broker/Time bank trader:** What’s more valuable than precious metals, stones or cold, hard cash? Your time.

• **Social ‘networking’ worker:** A social worker for the Web generation.

• **Branding managers:** These already exist for celebrities, but now everyone needs a ‘personal brand’ so others can easily digest who you are and what you stand for.

### Security or policing as a career

There are a number of employing organisations you can investigate. These include:
• Australian Secret Intelligence Service http://www.asis.gov.au/
• Australian Department of Immigration and Border Protection http://www.immi.gov.au/about/careers/
• Australia’s Security Portal (links to security organisations – security guards, airport security, etc.) http://www.mysecurity.com.au/

Once on the websites for these organisations, you need to find out:

• Jobs (job titles) employed by the organisation
• What are the duties undertaken in these jobs?
• Entry requirements – age, education level, tests required, physical/medical requirements, criminal checks, drivers licence, etc.
• Might part of the process be investigating your social network websites for your comments, associates, memberships, interest?
• If you get the job, do you have to live away from home?
• Do they recommend you do specific university or TAFE courses?
• Would having a second language be an advantage?
• What is the recruitment process?
• Frequently Asked Questions
• Can you contact the organisation by email from the website for other questions you might have?

If you find all this totally confusing, make an appointment to see your school guidance officer/counsellor.

What is an Oncology Dietitian?

The My Health Career website at https://www.myhealthcareer.com.au/Dietetics/Oncology-Dietetics has a case study written by an oncology dietitian. This is an emerging field of practice that starts with registration as a dietitian. Read the case study and then find out more on the following websites.

• myfuture [http://www.myfuture.edu.au](http://www.myfuture.edu.au) (do a search for ‘dietitian’)
2014 Career Expo at Marist College Ashgrove

Marist College Ashgrove invites students from other local secondary schools to attend this event which will be held on Wednesday 7 May 2014 from 3 – 6.30 pm. The event will showcase employers, tertiary institutions and training programs. If you require more information about this event contact the Career Counsellor on mobile 0488 709 228.

Reinvent Your Career Expo

This is a career expo specifically for adults. At the expo, adult career seekers can meet potential employers, educators, and trainers to upgrade, re-skill, re-enter the workforce, or totally reinvent their careers. The expo will be held on 22 and 23 March 2014 at the Brisbane Convention and Exhibition Centre. For more information, see http://www.reinventyourcareer.com.au/career-expos/visitors/upcoming-events/.

Tertiary institution open days

A great way to explore future courses is to attend an open day at the institution at which you wish to study. These events provide an opportunity to check out the campus, gather information about courses, ask questions and talk to students currently studying at the institution. The following is a list of open day events proposed for 2014 (CQ University dates have not been published at this time).

- 26 July Australian Catholic University, http://www.acu.edu.au
- 27 July Queensland University of Technology Gardens Point Campus, http://www.qut.edu.au/study/events
- 3 August University of Queensland St Lucia Campus, http://youruq.com/openday
- 3 August University of Southern Queensland Fraser Coast Campus, http://www.usq.edu.au/news-events/events
- 6 August University of Queensland Ipswich Campus, http://youruq.com/openday
• 10 August  University of the Sunshine Coast Sippy Downs Campus,  
  http://www.usc.edu.au/study/study-at-usc/open-day-and-information-events
• 10 August  Griffith University,  http://www.griffith.edu.au/
• 17 August  University of the Sunshine Coast Gympie Campus,  
  http://www.usc.edu.au/study/study-at-usc/open-day-and-information-events
• 17 August  University of Queensland Gatton Campus,  
  http://youruq.com/openday
• 17 August  Queensland University of Technology Caboolture Campus,  
  http://www.qut.edu.au/study/events
• 17 August  University of Southern Queensland Toowoomba Campus,  
  http://www.usq.edu.au/news-events/events
• 24 August  Christian Heritage College,  
• 24 August  James Cook University Townsville Campus,  
  http://www.jcu.edu.au/
• 24 August  University of Southern Queensland Springfield Campus,  
  http://www.usq.edu.au/news-events/events
• 31 August  Australian Maritime College, Tasmania,  
  https://www.amc.edu.au/openday

The Big Day In – IT Conference

If you are interested in future jobs and opportunities in the computer/IT field, consider attending the ‘The Big Day In’ conference at the University of Queensland on Thursday 12 June 2014. This conference is designed by students for students in high school (Years 9 – 12) and university students interested in careers in technology. Read more at  http://acsfoundation.com.au/bdi/.
Are you eligible for bonus ranks to help you gain entry to a university course?

Some universities that use QTAC to process their applications give current Year 12 applicants bonus points for studying specific subjects in Years 11 and 12. This means your OP or Rank can be improved for entry to courses at these universities if you have studied these subjects and apply through QTAC. The following institutions have Year 12 Bonus Schemes.

- Australian Catholic University
- Griffith University
- Queensland University of Technology
- Southern Cross University
- University of Queensland
- University of Southern Queensland
- University of the Sunshine Coast

The QTAC website at [http://www.qtac.edu.au/Applying-SAS/Year12Bonus.html](http://www.qtac.edu.au/Applying-SAS/Year12Bonus.html) has links to the schemes offered by these universities. Note that the bonus given is not an OP. It is a Rank. To understand how OPs compare to QTAC selection ranks, see the 2013 Year 12 Conversion Tables at [http://www.qtac.edu.au/Applying-CurrentYr12/InterstateAdmissions.html](http://www.qtac.edu.au/Applying-CurrentYr12/InterstateAdmissions.html).

What is the difference between a certificate, a diploma and a degree?

In Australia we have a national system of qualifications called the Australian Qualifications Framework (AQF). Depending on their education level, secondary students can apply for the following qualifications from the Framework. These qualifications can differ in length, content and competitiveness as shown.

- **Bachelors Degree**: Usually 3-5 years full-time; theoretical; entry is usually competitive.
- **Associate degree/Advanced diploma**: Usually 2 years full-time; combination of theory and practice; range from not competitive to very competitive, depending on the topic.
- **Diploma**: Can be 1-2 years full-time; tend to be practical with some theory; range from not competitive to very competitive, depending on the topic.
- **Certificates I, II, III, IV**: 1 month - 1 year full-time; usually very practical; usually not competitive.
The different levels of qualifications on the AQF are a bit like a ladder. You can use one level to help you gain entry to a higher level of study in the future depending on your results and the rules of the institution to which you wish to gain entry. To decide on the best level of qualification for you, consider:

• the study/training requirements of your occupational goal
• your previous study results
• whether you are a hands-on (practical) or theory person
• the cost of the course
• the length of time you are prepared to study.

For more information about the AQF and its qualifications, visit http://www.aqf.edu.au/.
How to improve your concentration

Concentration is the ability to focus and control your attention. Some people seem to be born with it, the rest of us have to learn how to do it. Anyone can improve his/her ability to concentrate. The following are strategies for you to try.

- Develop regular habits of study in certain places.
- Work in a place that is free of distractions (in front of the TV is probably not the best place).
- If you find yourself distracted by something else (e.g. I should improve my fitness), jot down the task, idea or problem to deal with later.
- Examine your study goals. Are they realistic? Ask for help to review your goals.
- Write down your study goals and pin them up on the wall near your desk or on the fridge for everyone to see.
- Declutter your desk. Get rid of things that will distract you.
- Don’t study in an overheated room.
- Set a definite goal or task and complete it.
- Prioritise the tasks to be completed.
- Begin working immediately – don’t wait for inspiration.
- Compete with yourself – set a task and complete it within the time you have available.
- Attend to one thing at a time.
Youth Enrichment Activities

National Youth Science Forum (NYSF)

NYSF is a two-week program that runs during the summer school holidays each January in Canberra and in Perth. The program is a mixture of scientific, formal, personal development and social activities. During the program participants learn how to make informed decisions about courses and careers in the sciences. The program provides participants with an excellent opportunity to network with like-minded young people.

Current Year 11 students can apply to attend this program through their local Rotary Club. Applications for 2015 will open on 1 April and close on 31 May 2014. Visit http://www.nysf.edu.au/ for more information.

Want to be a paramedic? Become a St John Ambulance cadet

Young people between 11 and 18 years can apply to be a cadet. Activities of the program include learning first aid, providing first aid services at public functions and competing in first aid competitions. For more information, visit http://www.stjohnqld.com.au/en/first-aid-services-mainmenu-39/youth-and-cadets-mainmenu-44.html.
'The above information has been gathered from a range of sources including publicly available websites, institutional and organisational newsletters, student and career advisers and guidance officers. Every effort has been made to ensure the information provided is accurate and up-to-date at the time of publication.'

'The Career Information Bulletin can only be distributed and used by members of the school community of the school that has purchased membership to Options Career Information. Options Career Information does not give permission for any member to pass on its resources to any other organisa