



-THIS WEEK -

Expressions

of

INTEREST

Work experience at Parliament House



Expressions of interest to complete a work experience placement at the Parliament of Victoria in terms 3 and 4, 2024 are now open!!!

Whether you're interested in politics, planting trees, law-making or baking, your work experience placement at the Parliament of Victoria will be an experience you'll remember.

This is a unique opportunity to undertake a week-long placement in either the Parliamentary Sitting or Parliamentary Services program. Placements run for 5 days: Monday-Friday, from 9am until 5pm each day.

Expressions of interest will close at 5pm Friday 5th of July 2024.

Click on the link or scan QR to express your interest!

Express your interest [here!](#)



The importance of self-care for high school students

As a high school student, it's normal to be overwhelmed by the demands of academic work, extracurricular activities, and social obligations. With so much going on, it can be easy to neglect your own needs and wellbeing. But self-care is essential for maintaining good physical, emotional, and mental health – so how can you prioritise it when life is already so full? Let's look at the importance of self-care and see three examples of self-care practices you can incorporate into your daily routine.

What is self-care?

Self-care involves taking intentional actions to nurture your physical, emotional, and mental health. It can take many forms, such as exercising, getting enough sleep, eating well, practising mindfulness, and seeking support from others.

Why self-care is so important?

Reduces stress and anxiety:

High school can be a stressful time, with academic pressure, social challenges, and uncertainty about the future. Practising self-care can help reduce stress and anxiety levels, allowing you to feel more relaxed and focused.

Boost academic performance:

When you feel good, you're better equipped to handle the demands of schoolwork. Regular exercise, healthy eating, and adequate sleep can all improve cognitive function and memory retention, leading to better academic performance.

Improve overall wellbeing:

Self-care can help you feel happier, more confident, and more fulfilled. When you prioritise your own needs and take care of yourself, you'll be better equipped to handle life's challenges and pursue your goals.

Practice self-care with:

📍 Exercise

📍 Mindfulness

📍 Social Support

Remember to be kind to yourself!

There's no 'right' or 'wrong' way to practise self-care. Forcing yourself to do something you don't enjoy will only have the opposite effect – so try out different techniques until you find what works best for you.

You can find more wellbeing tips and advice on our website [here](#).





Get Involved! Challenges Open Now!

Get involved in these extra-curricular challenges and competitions to pursue your passions, build your skills, and develop your portfolio. All are free (unless otherwise stated), and many offer amazing prizes!

Creative Futures Design Competition

Collarts invited budding young creatives to enter their annual design competition, with the chance to win prizes to help you make your creative dream a reality.



Attention!
Year 10 - 12
Students

OPEN NOW

Close: 21 July 2024

WORK EXPERIENCE

2024 TERM 2 DATES

Monday 1 July - Friday 5 July

Students **must** make an appointment to see Ms. Papa to discuss the process.

Appointments can be made by scanning the QR code below or by visiting the careers website.




Ms. Papa
Careers Practitioner

UPCOMING EVENTS

Discover Monash Events

Monash University will be hosting several Discover Monash events or activities over the coming weeks.

The following events will take place until the end of May and students are encouraged to register early.

Discover Occupational Therapy, Physiotherapy, Paramedicine (Webinar)

Date: Tuesday 21 May

Time: 5.30pm - 6.45pm

[Register now](#)

Discover Health Sciences, Public Health, and Psychology (Webinar)

Date: Thursday 23 May

Time: 5.00 – 6.15pm

[Register now](#)

Discover Radiation Sciences, and Medical Imaging and Radiography (Webinar)

Date: Tuesday 28 May

Time: 5.30 – 6.30pm

[Register now](#)



There's something for everyone during Law Week this year!

Law Week is an annual festival of events which makes learning about the law easy. With webinars, interviews, information sessions, free legal advice, podcasts, and plenty more, Law Week makes learning about the law easy for all Victorians.

Law Week:

Monday 20 – Sunday 26 May 2024.

Check out the Victorian Law Week program at [Victorian Law Week 2024](#).

REGISTERED NURSE

Registered Nurses provide nursing care to patients in hospitals, aged care and other health care facilities, and in the community.

TASKS:

- Assessing, planning, implementing and evaluating nursing care for patients according to accepted nursing practice and standards.
- Working in consultation with other Health Professionals and members of health teams and coordinating the care of patients.
- Providing interventions, treatments and therapies such as medications, and monitoring responses to treatment and care plan.
- Answering questions and providing information to patients and families about treatment and care.
- Supervising and coordinating the work of Enrolled Nurses and other health care workers.

More about registered nurses [here](#).



The Breakdown...



AVERAGE WEEKLY PAY
\$1,937



HOURS
49% - Full-Time



FUTURE GROWTH
13.9%



AVERAGE AGE
43 Years

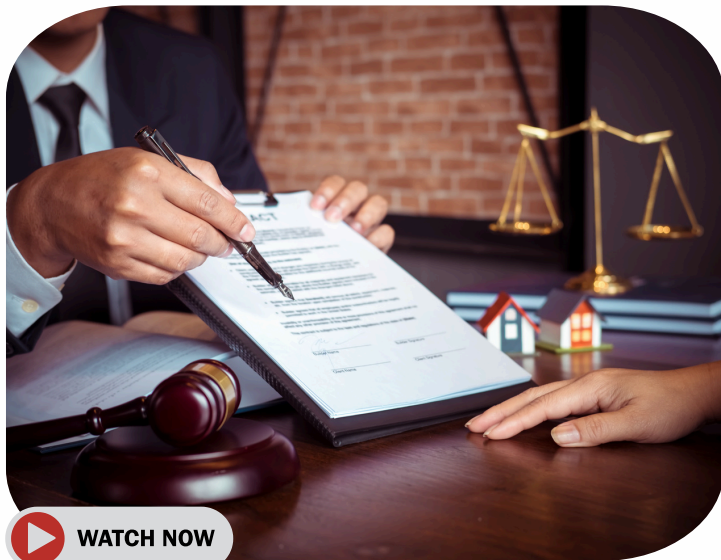


SKILL LEVEL RATING
Very High



GENDER SHARE
89% Female

JOB SPOTLIGHT



SOLICITOR

Solicitors provide legal advice, prepare and draft legal documents, and conduct negotiations on behalf of clients on matters associated with the law.

TASKS:

- Interviewing clients to determine the nature of problems and recommending and undertaking appropriate legal action.
- Preparing cases for court by conducting investigations, undertaking research, arranging witness preparation and attendance, and giving notice of court actions
- Representing clients in court.
- Managing conveyancing and other property matters
- Preparing and critically reviewing contracts between parties.
- Preparing wills.
- Providing advice on family law, company law, partnerships, commercial law and trusts.

Read more [here](#).

The Breakdown...



AVERAGE WEEKLY PAY
\$1,528



HOURS
83% - Full-Time



FUTURE GROWTH
21%



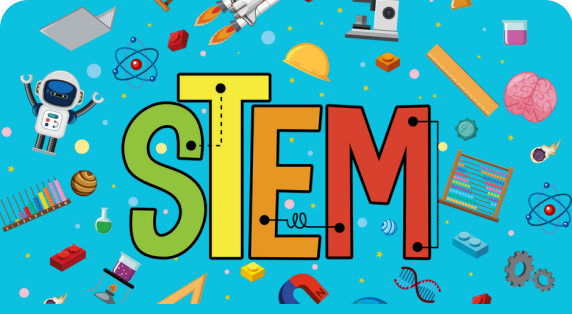
AVERAGE AGE
39 Years



SKILL LEVEL RATING
Very High



GENDER SHARE
51% Female



STEM

STEM Corner

Want a career in STEM but not sure what to study?

Careers With STEM could help.

Is creativity a big part of your dream career?

If you love art, fashion, gaming, design, music and more than you might be interested in 3D printed fashion (Tech + Creativity), creating music with AI (Engineering + Creativity) or science illustration (Science + Creativity). Get creative job options [here!](#)

A hug for your brain:

Careers in Mental Health Science

A mental health science career is not only intellectually stimulating but profoundly fulfilling.

Here are just a few of the most in-demand careers in mental health science you could consider.

- Clinical Psychology
- Psychiatrist or psychiatric nurse practitioner
- Counsellor or social worker
- Research Psychology



Jobs

Here are some jobs that are currently hiring:

Groomer - BF Petstock Group, Thomastown

Casual Retail Assistant - Sunglass Hut, Broadmeadows

Crew Member - Red Rooster, Lalor

Casual Customer Assistant - Dusk Australia, Plenty Valley

Retail Team - YD. Pty Ltd, Greensborough

Crew Member - Hungry Jack's, Thomastown



Meet Tara Kelly - Apprentice cabinet maker



Tara tried a few trades before finding her love of joinery and is now an apprentice cabinet maker.

This is her story:

What do you do?

I make kitchens, bathrooms, laundries, and even beds, for renovations, new houses and commercial properties. After clients choose colours and materials for their room, our designer draws up the designs, the materials are cut to size and then I assemble the final product.

What was your VET journey?

I always loved woodwork and metalwork and tried work experience at three places before landing on cabinet making as my preferred option. After I finished my VCE, I started my apprenticeship at Complete Style Joinery. I also competed at World Skills which was incredible.

What advice would you give to students who are considering a vocational pathway?

Give it a try for a week and find something you love.

What challenges did you face along the way?

It was a little bit harder being a girl trying a trade, but I found a business that treats me equally and with respect.

