

Weekly News for New South Wales

For August 19, 2019

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Open Days & Info Sessions

Macquarie | Campus Tour

24 August 2019, 2:00 pm - 3:30 pm

Macquarie University

You can never truly know if a uni is right for you until you visit in person and get a feel for the campus. At Macquarie University, we're ready to help you get to know your future home.

On every tour you'll see our various lecture theatres, our award-winning library, MUSE – our flexible and creative study space, the Sport and Aquatic Centre, and the Campus Common, where you can explore the many dining options.

Find out more: <https://www.mq.edu.au/study/high-school-students/parents/campus-tours>

Student Exchange Australia New Zealand | Online Info Session

29 August 2019, 5:30 pm - 6:30 pm

Online

The LIVE Online Info Session is conducted by a senior member of our staff using a service which allows us to meet online or over the telephone. You will be able to meet our representative over a video internet connection, ask any questions and watch a presentation.

Our LIVE online session will cover the following topics.

- Introduction to Student Exchange, the regulatory environment & benefits
- Program options, destinations & eligibility
- Safety and Well being, our support system & where you will stay
- Money Matters, including available discounts & scholarships
- Deadlines & how to apply
- Why choose Student Exchange?

Find out more: <https://studentexchange.org.au/info-sessions/live-online/>

SCCE | Student Exchange Online Info Session

5 September 2019, 6:00 pm

Online

At SCCE, we understand that there is a lot to consider when going on exchange.

If you can't find a suitable public information session near you, we are happy to offer our free monthly webinars which not only guide you through your program options, offer information about some of our incredible destinations while explaining your scholarship options, but also give you the opportunity to interact with members of our team and ask any questions you may have online.

Find out more: <https://www.thisiscce.com/learn-more/exchange-webinars/>

WSU | Hawkesbury Campus Tour

6 September 2019, 4:00 pm - 5:00 pm

Western Sydney University, Hawkesbury Campus

Come and explore all Western Sydney University has to offer. Take one of WSU's guided Campus Tours and see what life at Western is really like.

You'll take a tour of the lecture theatres and teaching facilities, stroll through the campus libraries, take in the various food outlets and have the opportunity to learn more about the various degrees on offer, course selection, living on campus and university life.

Find out more: <https://www.westernsydney.edu.au/future/student-life/events/campus-tours.html>

UOW | Innovation Campus Tour

10 September 2019, 9:00 am - 11:30 am

Innovation Campus - University of Wollongong

Join UOW for a free community tour of their Innovation campus.

The tour will feature The Central, iAccelerate, AIIM, SBRC/Illawarra Flame House and UOW Pulse.

Find out more: <https://www.uow.edu.au/events/2019/community-campus-tour---innovation-campus.php>

WEP Student Exchange Online Info Session

30 October 2019, 6:00 pm - 7:00 pm

Online

What is Student Exchange? Who is WEP Australia? Where and when can I go? Have all your questions and more answered at one of WEP's public information sessions. You'll get to meet the WEP team and returned students.

Find out more: <https://wep.org.au/lets-talk/sessions/>

Workshops & Courses

Westmead Social Work Careers Day

19 September 2019, 9:30 am - 2:00 pm

Are you in Year 11 or 12 and interested in learning about Social Work?

Come along to our one day workshop, morning tea provided.

How much: \$15 per Student

The day will have hospital social workers present on their social work practice including case examples, didactic teaching, ice breaker activity a hospital tour and demonstrated role plays.

This structuring of the day has been received well in previous years by students.

This year we will need to cap the numbers of participants to 40. You need to

email JessicaAnneParker.Elliott@health.nsw.gov.au for more details and the registration form.

Find out more: JessicaAnneParker.Elliott@health.nsw.gov.au

Ignite | Workshop for Women

21 September 2019, 9:00 am - 5:00 pm

Crowne Plaza Hawkesbury Valley

Ignite is for women who are ready to challenge their current thinking and paradigms, who are tired of dimming down and are ready to shine a light on their blind spots, understand what is holding them back and acknowledge their brilliance.

Over a one-day intensive workshop, women will come together to develop strategies to:

- Activate greater awareness
- Discover your authentic self
- Harness your inherent strengths
- Renew your energy
- Build an ongoing network of support and develop the skills and confidence to achieve your full potential.

Find out more: <https://www.eventbrite.com/e/ignite-tickets-65889967667>

University of Sydney | Teacher Education Personal Statement Workshop

12 October 2019, 10:00 am - 1:00 pm

The University of Sydney, Camperdown

Sydney School of Education and Social Work at the University of Sydney will hold a Teacher Education Personal Statement Workshop to assist you with preparing your personal statement to study one of our undergraduate education degrees (excluding early childhood).

The Teacher Education Personal Statement Workshop is a fantastic opportunity for you to meet with our academic staff and to learn more about the personal statement process and suggestions for what to include in your statement. Attending our workshop will also give you the opportunity to find out more about the education degrees offered at the University of Sydney.

Find out more: <https://www.eventbrite.com.au/e/teacher-education-personal-statement-workshop-tickets-64220035856>

University of Sydney | Visual Arts Portfolio and Workshops Day

12 October 2019, 10:00 am - 1:00 pm

The University of Sydney, Camperdown

Sydney College of the Arts at the University of Sydney will hold a Portfolio and Workshops Day to assist you with preparing your portfolio and application to study our three-year Bachelor of Visual Arts and our four-year Bachelor of Visual Arts and Bachelor of Advanced Studies.

The Portfolio and Workshops Day is a fantastic opportunity for you to meet with our academic staff and receive feedback on your portfolio and visual arts practice. You can also choose to submit your portfolio for admission on the day.

During the Portfolio and Workshops Day, we will also be holding a number of workshops on the visual arts, delivered by our leading contemporary artists and academic portfolio reviewers.

Find out more: <https://www.eventbrite.com.au/e/visual-arts-portfolio-and-workshops-day-tickets-64220021814>

New Bachelor of Artificial Intelligence at Deakin

Deakin University will be offering their Bachelor of Artificial Intelligence starting in 2020. This brand new course is designed to equip you with the knowledge and skills used to design and develop industry solutions in artificial intelligence. As artificial intelligence becomes more popular, so does demand for professionals with the skills to help implement the technology in the workplace and beyond.

The course involves a wide range of study areas, including mathematics, programming, data and network management, and much more. There is also the opportunity to undertake work experience and full-time industry placements as part of the degree.

Deakin are currently offering this course at their Melbourne Burwood campus, and online.

Read more about the new course and find out how to enrol

here: <https://www.deakin.edu.au/course/bachelor-artificial-intelligence>

Study Natural History Illustration with UoN

The University of Newcastle is offering a short, fully online course called *Drawing Nature, Science and Culture: Natural History Illustration 101*.

The course runs for six weeks, giving you the skills to create accurate and stunning replications of subjects from the natural world. You will learn things such as:

- Core scientific observational skills
- Field drawing and sketching techniques
- Concept sketch development
- Composition for natural history illustration
- Form, proportion and structure essentials
- Drawing and rendering techniques

Best of all, no prior experience with nature illustration is necessary to start the course. If you love nature and art, this could be the ideal course for you.

Read more about the course here: <https://www.edx.org/course/drawing-nature-science-and-culture-natural-history-illustration-101-2>

Scholarships

Bond University Scholarship applications close 6 September!

Bond University's Scholarship Program encompasses a range of full-fee and part-fee tuition remission scholarships available to future leaders and provides them with access to an

exceptional educational experience. Scholarships are awarded to the best and brightest all rounded students who have excelled academically, or in the areas of leadership, community and sport.

Applications close 6 September

For further information visit bond.edu.au/scholarships or download our [Scholarship Brochure](#).

2020 Torrens Business Scholarship

Value: Variable

Open/Closing Dates: February 1, 2019 – January 20, 2020

Do you want to connect with like-minded business professionals, passionate about industry development and change? We're looking for switched-on and future orientated school leavers who want to make an impact on the business world, and who can confidently represent the Torrens University Australia brand as an Ambassador at events and on social media.

Torrens University Australia scholarships will be awarded to business-minded school leavers who display the following attributes:

- Academic Drive: Ability to demonstrate a dedication to your academic studies, and a passion for studying and achieving high results.
- Community Minded: Understand social cause and be willing to get involved and be proactive with volunteering and/or community involvement.
- Industry Passion: Express a passion for the business industry and/or have relevant work experience.
- Business scholarship applicants must be full-time Australian citizen or permanent resident school leavers, who will commence study in T1, 2020.

To qualify, you must have an ATAR of 60 or equivalent and be applying for a Torrens Business Bachelor degree or diploma.

[Find out more](#)

2020 Torrens Design and Creative Technology Scholarships

Value: \$10,000

Open/Closing Dates: August 20, 2019 – January 20, 2020

We are passionate about the world of design and believe that given the opportunity any idea can change the world. So, we're on the hunt for high achieving creative individuals to stand with us and springboard into their future careers and receive \$10,000 towards their course fees.

Our scholarships are open to high achieving school leavers, those who have worked in design or established professionals ready to return to study for a postgraduate course. To apply, you'll need to complete the following:

- Answer: What can you bring to the Design and Creative Technology Ambassador program?
- Upload your favourite piece of creative work to your Frontier profile, this is your chance to show off your creative and technical skills that make you unique. Your submission can take any form, as long as it is relevant and related to your chosen course area.
- Submit: 300 word rationale explaining your piece.

[Find out more](#)

Eva Burrows Australian Scholarship for Women

Value: \$25,000

Open/Closing Dates: July 1, 2019 – August 30, 2019

The Eva Burrows Australian Scholarship for Women will be awarded to a woman who has undertaken substantial paid or unpaid work for The Salvation Army in the previous two years and seeking support to develop their leadership capabilities.

Who can apply?

- I am a citizen or permanent resident of Australia.
- I am a woman who has undertaken substantial paid and/or unpaid work in frontline Salvation Army service in the last two years.
- I am over 25 years of age at the time of application.
- I am in good physical and emotional health.
- I consider myself a role model in my area of influence.
- I am able to set out a clear study proposal that identifies the benefit to their leadership and service that the study will bring.
- I can meet the entry requirements of my proposed study.
- I have not previously been a recipient of the Eva Burrows Scholarship.

[Find out more](#)

2020 Pinnacle Foundation Scholarships

Value: \$5,000

Open/Closing Dates: July 8, 2019 – September 15, 2019

The Pinnacle Foundation provides Scholarships for students between the ages of 17-26, who are planning to study full-time education at a public or private secondary school (final year) or public institution of higher education in Australia, for the purpose of gaining an educational or vocational qualification in any profession, trade or the arts.

All Scholarships are open to anyone who meet the following criteria:

- Is an Australian citizen of at least 17 up to 26 years of age at the time the Scholarships applications close
- Is a permanent resident of Australia

- Has because of their gender identity, sexual orientation or characteristics been prevented or hindered from completing their education
- Is a serious, consistent student who has achieved acceptable scholastic results given their background and circumstances
- Is able to demonstrate a commitment to completing Year 12 of the student's secondary education, a tertiary degree or vocational training (as the case may be), and
- demonstrates pride in and dedication to the LGBTIQ+ community.

[Find out more](#)

2020 Tibra Capital Corporate Scholarship

Value: \$7,000

Open/Closing Dates: July 1, 2019 – November 30, 2019

Do you love Maths, Finance or Computer Science? Have you achieved an ATAR of 90 or above? Are you planning to study at the University of Wollongong? If yes, then you are eligible to apply for the Tibra Capital Corporate Scholarship valued at \$7,000.

Application Criteria

- Applicants must be commencing study in 2020 as a full-time first year undergraduate student at UOW (no previous enrolment at UOW);
- Applicants must receive an offer for a B/Mathematics, B/Mathematics Advanced, B/Mathematics and Finance, B/Computer Science or any Mathematics double degree at UOW, commencing in Autumn Session 2020;
- The successful applicants must have achieved an ATAR of 90 or above (or equivalent);
- Applicants must be an Australian Citizen or Australian Permanent Resident.

[Find out more](#)

2020 The Stevenson Family Scholarship in Social Work

Value: \$24,000

Open/Closing Dates: July 23, 2019 – November 30, 2019

The Stevenson Family Scholarship is offered as an encouragement to prospective students who are seeking to improve the lives of others through the completion of a Bachelor of Social Work.

Application Criteria

- Successful applicants must be enrolled as a full-time student at the University of Wollongong in 2020.
- Successful applicants must maintain enrolment in a Bachelor of Social Work.
- Applicants must be an Australian Citizen or Australian Permanent Resident.
- Mature age students are encouraged to apply.
- Preference will be given to applicants who originate from the Southern Highlands region.

- Applicants are required to demonstrate community involvement via submission of a written statement.

[Find out more](#)

Westpac Young Technologists Scholarship

Value: \$5,000

Open/Closing Dates: August 1, 2019 – December 31, 2019

Are you intrigued by technology and how it can change the world for the better? Westpac Young Technologists Scholarships are designed specifically for high school graduates who are passionate about technology and eager to explore its potential for good. We're looking for curious young minds, open to new ideas and untapped opportunities. If this sounds like you, let's make it happen.

Open to students who have:

- A passion for technology.
- Interest in enhancing Australia's future technology landscape.
- Focus on personal growth and development.
- Commitment to be an active Westpac Scholar Alumni member.
- Diverse skills and experience.
- Academic excellence, with a minimum credit average for the duration of the degree.

Applicants must be an Australian citizen or permanent resident under 26 years of age. Students must have completed the appropriate education certificate to gain university entrance. Please refer to your preferred university's terms and conditions.

[Find out more](#)

Competitions

Patrick White Indigenous Writers Award

The Patrick White Indigenous Writers Award has been designed to encourage Indigenous Australian students in Kindy to Year 12 studying in NSW to use their reading, writing, and creative skills. Students are encouraged to write a short story, play or poem relating to one of the following themes:

- “Staring back at me.”
- “Now I am in charge.”
- “I opened the garage door...”

Prizes from \$50 up to \$500 and Encouragement Awards from \$20 up to \$250 will be awarded.

Entries are open until Friday 27 September.

Find out more and enter here: <http://www.aec.org.au/wordpress/patrick-white-award/>

Youth KSP Poetry Award

Entries are now open for the Youth KSP Poetry Award for 2019.

Australian youth aged 10-17 are invited to enter their unpublished poetry for a chance to win a \$100 first place prize.

Entries are open until 5.00pm on Friday 11 October.

Find out more and enter here: <https://www.kspwriterscentre.com/poetry-competition>

Youth KSP Short Fiction Award

Entries are now open for the Youth KSP Short Fiction Award for 2019.

Australian youth aged 10-17 are invited to enter their unpublished short story (up to 1000 words) for a chance to win a \$100 first place prize.

Entries are open until 5.00pm on Friday 27 September.

Find out more and enter here: <https://www.kspwriterscentre.com/short-fiction-competition>

Leapsmag Writing Competition

The annual Leapsmag Writing Competition is now open for entries.

The competition involves writing a personal essay of up to 2000 words describing how a new advance in medicine or science has profoundly affected your life.

The grand prize is \$500, publication of your story on leapsmag, and promotion on leapsmag's social media channels. It is free to enter and open to anyone around the world of any age.

The competition is open until midnight on Friday 20 September.

Find out more and enter here: <https://leapsmag.com/the-annual-leapsmag-writing-competition-is-officially-open-for-entries>

Further Learning

Are you better off at uni or at TAFE?

Every now and again a report is released which makes a bold claim about your prospects, should you choose a certain path after school. For a few days, the media make a big fuss and talk about it, then we all go back to normal.

But sometimes, students see this news and it makes them change their decisions, even if it didn't really apply to them.

If you've seen the latest news and wondered whether you'd be better off at uni or TAFE, then you need to read on.

The report is only applicable to some people

Specifically, male students with lower ATARs (65 or lower).

Sometimes, these students choose generic and incredibly popular science or humanities degrees at university, then struggle to find work related to their qualification after graduation. Students with similar ATARs who choose a vocational qualification instead often find it easier to get and keep a job, and they also earn more money on average.

Female students with the same ATARs, or students of either sex with higher ATARs are usually better off at university.

You need to apply this knowledge to your specific situation

Even if you're a boy who's expecting an ATAR of around 65, this report doesn't mean you should definitely go to TAFE. In the same way, if you're a girl or expecting an ATAR of 85, university is may not be the best option for you.

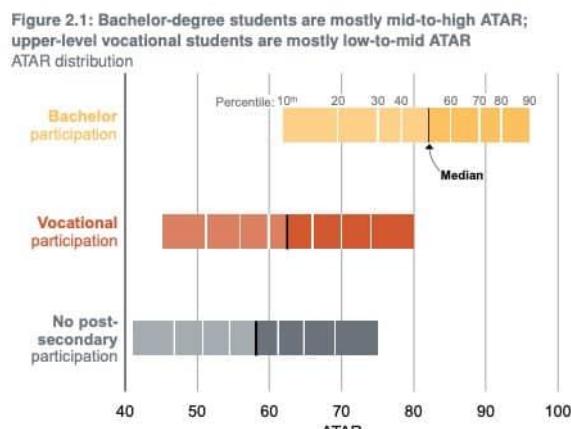
The evidence put together by the Grattan Institute suggests that boys who chose vocational diplomas in fields such as engineering, commerce or construction could earn more over their lifetime than university graduates from popular and non-specific degrees, such as science or humanities.

But you can't just compare these pathways and say; 'pick one'. They suit different people, with different interests and skill sets.

Someone who thrives in vocational construction may struggle in an English degree or vice versa – you need to think about what you want, not just which job earns more.

It's about knowing where you sit

University students are mostly mid-to-high ATAR students – ATAR of 60 or more. Vocational students on average have ATARs between 45 and 80, with the median ATAR hovering around 60.



Notes: LSAY 1995, 1998, 2003, 2006, and 2009 cohorts. Vocational education includes Certificate III to advanced diploma. Respondents who enrolled in both vocational and bachelor qualifications are included in both figures. Includes imputed ATARs, see Appendix A.

Sources: Grattan analysis of NCVER (LSAY, various years).

Source: <https://grattan.edu.au/wp-content/uploads/2019/08/919-Risks-and-rewards.pdf>

If you're expecting an ATAR of 65, then you need to know that at university your ATAR will put you at the lower end of the cohort, but if you choose vocational education you'll be in the middle or above average.

And while some students excel at uni after struggling at school, on average university students with lower ATARs have higher drop-out rates, poorer graduate outcomes, and lower lifetime earnings, for example; "among low-ATAR science and humanities graduates, only about 20 per cent find professional employment."

Note: Your ATAR is just a number, and doesn't dictate how you perform once school is over – plenty of students with ATARs of 90+ drop out of uni, and others with ATARs in the 60's and 70's go on to do incredibly well.

Does this mean I shouldn't go to university?

Not at all.

But if you're only going to uni because you think it'll help you earn more money, then you need to do more research.

The advice in the report is general advice only, and based on averages. If you really want to go to uni for whatever reason and you can get in, then go.

Choosing where to study, what to study, or if you should study at all after school is a complex decision and you have a lot of options, which is why we recommend you do your research before you apply for anything. Try to find a course that interests you in an in-demand field, or back yourself up with a flexible degree that gives you options.

Why do people tell me to go to uni, if TAFE is a good option?

There are lots of reasons – university has been seen as a 'prestigious' option for a long time, and your parents or teachers may feel it gives you a better chance of success in the long run. They may believe you will always earn more if you have a university degree, and while this can be true in some instances it's not always the case.

Additionally, there is a clear funding structure for university, but the vocational funding system is complex and can be frustrating. You could end up paying much more (or less) for the same vocational qualification, depending on where you study, and you may find it difficult to secure financial support if you're on a low-income.

How come people with vocational qualifications can earn more?

Right now, we have a skills shortage in some industries, which means there are not enough people to fill the jobs and employers have to pay more to recruit people.

The number of university graduates has been rising for quite a few years, but the percentage of vocational graduates has remained pretty much the same since the 1980's.

All this means that there are not enough tradies and vocational graduates, but too many university graduates, so some people with vocational qualifications can demand more money when some uni grads struggle to find work.

How can I work out what to do?

Anyone considering university should agree with these statements:

1. I want to go to university to gain skills and knowledge
2. I have a clear idea of what I'm going to do after my degree is finished
3. I know how much demand there is for jobs in my chosen field, I know the average income, and I'm ok with both
4. I'm not just going to make someone else happy
5. I'm not just going because I don't know what else to do

If that's the case for you, then you should seriously consider uni.

If these statements don't ring true for you then we recommend you investigate other options, including vocational education.

You can find the [full report from the Grattan Institute here](#).

2020 Electrical Apprenticeship

Shoalhaven City Council is looking for someone to join as an electrical apprentice, starting in January 2020.

The apprenticeship runs for 2 years, during which you will get on-the-job experience and training with Shoalhaven City Council, as well as training to earn a Certificate III in Electrotechnology.

Some of the duties involved will include:

- Installing new electrical systems
- Troubleshooting problems with electrical equipment
- Repairing and maintaining existing equipment
- Carrying out other duties that are within the limits of an apprentice's skills, competence and ability as required

Applications are open until Sunday 8 September.

Find out more and apply here: http://jobs.hvtc.com.au/job/job_details.cfm?id=451369&from=

Design Portfolio Day at WSU

Western Sydney University will be holding interviews and portfolio presentations with year 12 students interested in a career in illustration, graphic design, photography or art direction. The interview is a chance to receive an early offer into their Bachelor of Design (Visual Communications).

Interviews will be held on Thursday 12 September at WSU's Parramatta South Campus. While on campus you will also have the opportunity to tour some of the facilities available to design students.

WSU has also written a handy guide about what to bring and what to expect at the presentation. You can read the guide [here](#).

Registrations are limited and open until Saturday 30 August.

Find out more and register here: <https://www.westernsydney.edu.au/future/student-life/events/design-portfolio-day.html>

Resources

This week's Open Days

If you haven't already been to an Open Day, or you haven't found the perfect course or Uni for you yet. Don't worry, there are still more happening this week.

NSW:

[La Trobe University | Sydney Open Day](#) Thursday 22 August | 4:00 pm – 7:00 pm

[CQUni Sydney – Open Day](#) Thursday 22 August | 5:00 pm – 8:00 pm

[Australian Catholic University | North Sydney Open Day](#) Saturday 24 August | 9:00 am – 2:00 pm

[Academy of Information Technology | Open Day – Sydney](#) Saturday 24 August | 10:00 am – 1:00 pm

[Whitehouse Institute of Design | Sydney Open House](#) Saturday 24 August | 10:00 am – 3:00 pm

[CSU Open Day | Port Macquarie](#) Sunday 25 August | 8:00 am – 5:00 pm

US College SAT Exam Date – October 5

The October 5 SAT is coming up fast and **registration closes September 6**.

This is the required exam if you want to apply to US colleges and if you're in Year 11, now is the time to take the test so you don't have to take it in Year 12.

Check out this article about the SAT scores needed for top US Colleges

– www.crimsoneducation.org/au/blog/the-ultimate-sat-course-why-the-SAT-matters-for-your-us-university-applications

Get bonus Uni points with SYO

If you're already enrolled in Sydney Youth Orchestra (SYO) programs, or you're thinking about doing it, your participation could earn you bonus points towards a University application.

Find out if you're eligible for the additional points at each of these institutions, then you'll have to apply:

- ACU's [Elite Athlete and Performer Program \(EAPP\)](#) could provide you with adjustment points which count towards your application.
- Macquarie Uni's [Elite Athletes and Artistic Performers \(EAAP\) Scheme](#) could provide you with 4 adjustment points towards your application. Applications open on 17 August 2019 and **close on 31 October 2019**. You can also apply between 1 – 30 November but you'll have to pay a late fee of \$150 to be considered.
- Southern Cross Uni's [Elite Athlete Friendly Program \(EAFP\)](#) offers amongst other benefits, bonus points towards your admission application.
- You might be eligible for the University of Newcastle's [Schools Recommendation Scheme \(SRS\)](#), and [Year 12 Adjustment Scheme](#) (you'll need to check which degrees Music applies to).
- UNSW's [Elite Athletes, Performers and Leaders \(EAPL\)](#) program awards up to 5 adjustment factors (bonus points) to applicants who've excelled in a number of areas including music, at an elite level. 2020 applications are open now and close on **30 November 2019**.
- Through [The University of Sydney's Elite Athletes and Performers Scheme](#), you might be considered for admission to a course if your ATAR is up to 5 points below the one you're applying for. On-time applications close 5pm **Thursday 31 October 2019**.
- UTS' [Elite Athletes and Performers Special Admissions Scheme](#) offer students who've had their studies disrupted in high school (due to performing at state / national level events and competitions), a chance to get up to 5 adjustment points on their Selection Ranking (SR). Applications close on **30 November 2019**.
- At UOW, SYO students are eligible to apply for the [Early Admission Program](#) (applications close **30 August 2019**), and both the [catchment and equity adjustment schemes](#). For closing dates for the adjustment point schemes, refer to UAC's key dates.
- WSU [Elite Athletes or Performers Scheme](#) could entitle you to 5 bonus points to boost your Selection Ranking. Applications in 2018 closed on the 30 November, so it could be around the same time this year, but you'll need to check with WSU.

Don't forget to double check when the application open and closing dates are, as well as the supporting documentation you'll need to provide.

It's well worth applying as most of these programs offer other benefits too, they could help see you through your degree more easily.

Getting a Good Night's Sleep

Sick of always feeling like you've woken up on the wrong side of the bed? A good night's sleep can be one of the most important things for your wellbeing!

In fact, getting 8-10 hours of sleep a night can help you feel more productive, more energised and much happier. But what are the tricks to getting a good night's sleep?

Queensland Health has written an excellent blog about the importance of catching Zs. Here's a quick summary of their top 5 tips for a restful night:

1. Be active during the day
2. Have a consistent sleep routine
3. Try mindfulness
4. No caffeine after 3pm
5. Less screen time before bed

You can read more about what helps you get the best snooze over on their blog: <https://www.health.qld.gov.au/news-alerts/news/health-in-your-teens-sleep>

Wingara Mura – Bunga Barrabugu Summer Program

Each year the University of Sydney runs the Wingara Mura – Bunga Barrabugu Summer Program for indigenous students from around Australia in year 10, 11 or 12. The program provides you with the opportunity to experience what life on campus is like and get a feel for studying at university.

All of the expenses involved with the program (including accommodation and travel) are covered by the University of Sydney. The only thing you need to do is apply!

This year the program will run from Monday 9 to Friday 13 December.

Applications are open until Monday 2 September, so get yours in now!

Apply online here: http://wpo.sydney.edu.au/app/wmbb_landing

Read more about the program

here: <https://sydney.edu.au/content/dam/corporate/documents/about-us/engage/schools/wmbb-summer-program-2019.pdf>

Job Spotlight

Dentistry

What type of person would this job suit?

- You need to be well educated in **science**, especially oral health
- You'll need great **dexterity**, a steady hand and good hand-to-eye coordination

- You have to have good people skills, if you want to gain patient's trust and put them at ease. It's also necessary for communicating important information in a way that they can understand
- Work in an **organised**, methodical manner, with attention to details
- Have lots of patience and be able to focus for long periods
- **Work well in a team**, with motivational and leadership skills highly valued
- Stay calm under pressure in emergency situations, and have thick skin when dealing with nervous and difficult patients
- Be **trained** in the use of specialist equipment, but adaptable and have good business knowledge

Industries where you find dental practitioners:

- **Health care** in the fields of oral health, orthodontics, anatomy, physiology, pathology, oncology, pharmacology, radiology, cosmetic dentistry, surgery, and forensics. Working in private practices, hospitals, dental hospitals, teaching hospitals, universities, community health, schools, armed forces, prisons.
- **Teaching** in communities, schools and higher learning establishments
- **Research**
- **Insurance** – health and dental

Pathways

If you've got the skills, grades and commitment required to begin a career in dentistry, there are two main pathways. To apply for both you'll need: a high ATAR, a great UCAT result, and to be successfully interviewed. Depending on the dental school, there may be other tests too.

You could apply to study a [Bachelor of Dental Surgery at JCU](#) and become a qualified dentist in 5 years.

Apply for a degree in a related field such as a [Bachelor of Science](#), maintain a high GPA, get a high score on the GAMSAT test and successfully undertake another interview. Before completing a [Doctor of Dental Medicine at the University of Sydney](#). This pathway takes 7 years to become a qualified dentist.

Alternatively, if you'd like to work in this industry but would prefer to start working sooner, A VET qualification through TAFE or another RTO could be perfect for you.

You could consider becoming a dental assistant with a [Certificate III in Dental Assisting](#) from TAFE Queensland. Or a dental hygienist with a [Certificate IV in Dental Assisting](#). Perhaps a Dental laboratory technician through a [Diploma of Dental Technology](#).

Levels

General Dentist

Bachelor degree and Doctorate degree

General dentists (like a GP) see lots of patients and perform a wide variety of checks and procedures.

In their day-to-day work, the general dentist handles oral health care, disease prevention, general tooth and gum maintenance such as cleaning and fluoride treatments, as well as root canals and cavity fillings.

The average salary for a General Dentist in 2018 was AU\$83,549 per year. Dentists working in private clinics, or in rural locations, or who work overtime, could earn a lot more.

Jobs:

[Dentist in Cowra NSW](#)

[Associate Dentist – Australia wide](#)

[Rural Dentist – Narrogin, WA](#)

Orthodontist

Bachelor degree + Doctorate + specialisation

Orthodontists specialise in aligning jaws and positioning teeth correctly.

You need to do more training on top of the “standard” dental qualifications to become an orthodontist.

With 5-9 years of experience the average of 12 salaries is AU\$100,369, with 10-19 years of experience & over 12 salaries the average is AU\$175,000.

Jobs:

[Orthodontist – Gosford, NSW](#)

[Hospital Orthodontist – Herston, QLD](#)

[Lecturer – University of Melbourne](#)

Oral and Maxillofacial Surgeon

Bachelor degree + Doctorate + 4 years residency experience + specialisation. But you'll also have to complete an MD to qualify. This pathway therefore will take a really long time, so you'll have to be super committed and passionate.

Perform complex surgeries on teeth, jaws and facial bones.

Due to the necessary skills, experience and educational requirements, this is an elite field.

Entry level (with 3-4 years' experience) average a salary of \$226,708, with 8+ years of experience you could expect an average salary of \$444,114.

Jobs:

[Oral and Maxillofacial Surgeon – Canberra Health Services](#)

Oral and Maxillofacial Surgery Resident Medical Officer – ACT

Dental Assistant

Minimum requirement Certificate III in Dental Assisting

Dental assistants have a variety of duties. From sterilising and preparing instruments, taking and developing x-rays, and helping dentists perform some procedures. To making appointments and taking patient details.

On average a Dental Assistant receives AU\$25.40 per hour, or AU\$51,318 per year.

Jobs:

[Dental Assistant – Prospect, SA](#)

[Dental Assistant – Canberra, ACT](#)

Dental Hygienist

Minimum Certificate IV in Dental Assisting

If you'd like to fast track your career, you could consider an Advanced Diploma of Oral Health or a Bachelor of Oral Health.

As a mid-level dentistry career, you'd have more responsibility than a dental assistant. You might be carrying out oral examinations looking out for potential cavities and diseases such as gingivitis, tasked with cleaning and polishing patients' teeth.

Depending on your qualifications and experience you could expect to earn on average between AU\$40- \$65 per hour, or \$80,879 – \$133,621 per year.

Jobs:

[Dental Hygienist – Joondalup, WA](#)

[Dental Hygienist \(Orthodontics\) – Port Macquarie, NSW](#)

Growth in this industry is **very strong** and expected to remain so.

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