

BGGGS Careers Newsletter

Issue 8

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Introduction

Welcome back to what is always a busy term in the careers space. I hope you've enjoyed a restful break. Some of our Year 11 students spent the first day of their holidays enjoying a wonderful morning at QIMR where they experienced what it might be like to be a scientist in a medical setting. The girls found the Day in the Life of a Scientist experience a valuable one, and they received high praise from the QIMR staff for their positive engagement and impeccable manners.



The holiday break saw other students capitalise on interesting opportunities to gain valuable work experience – in Mt Isa at the Oresome Minds Camp, at Australia Zoo at the Sunshine Coast, with GHD Engineering and DotDash, and hospitals in Caboolture and in Brisbane. Five of our Year 12 girls were fortunate enough to shadow a Barrister at Law Chambers, George St. Here is Elodi Hsu's reflection on her experience:

In the last week of the school holidays, Year 12 students including myself, Claudia Chin, Emily Smith, Charlotte Serisier, and Pia Hatzipetrou immersed ourselves in a three-day work experience shadowing Level 27 Chambers Barrister Roger Traves KC. To say this experience was beneficial is an understatement. From spectating case sentencing and bails in the Supreme & Magistrates Court to conversing in the office of Justice Susan Brown about her inspiring career path, this experience provided an eye-opening delve into the world of legal careers, specifically barristers. We could not be more thankful for the support of Ms Shaw & Ms Walls in organising the logistics and Mr Traves for providing such insightful opportunities for us. For myself, this experience solidified Law as my highest tertiary studies option after Year 12 and inspired me to keep my ambition for a career historically dominated by men.

The Interstate University Expo held on Monday 21 July here at BGGs in the LMR was well attended with over 200 students gathering information and speaking with representatives about the prospect of studying interstate.



Events

Future Events

July 27: QUT Open Day 2025

Organisation: Queensland University of Technology

Location: QUT Gardens Point & Kelvin Grove Campuses

Date: July 27, 2025

Discover the real QUT — with behind-the-scenes tours, study area advice, talks with students and academics, and the chance to explore campus life and opportunities outside the classroom.

[Find out more and register](#)

July 29: JCU QTAC Information Webinar

Organisation: James Cook University

Location: Online

Date: July 29, 2025

If you or someone you know is planning to go to university, this webinar is essential viewing. Hear directly from a QTAC representative and get clear, expert advice on how the application process works.

The Queensland Tertiary Admissions Centre (QTAC) is responsible for processing applications to Queensland universities, including JCU. In this session, you'll learn how QTAC assesses applications and facilitates offers to successful applicants.

The session includes a presentation from QTAC plus a live Q&A – a great chance to get your questions answered.

[Find out more and register](#)

July 30: Griffith Music and Performing Arts Admission Webinar

Organisation: Griffith University

Location: Online

Date: July 30, 2025

Step into the spotlight and start your career at Queensland Conservatorium.

Gain valuable insights into audition requirements, practical tips for recording your audition or folio, and guidance on preparing your supporting documents. We'll also walk you through the earlier application timeline for our performance degrees—so you are ready to take the stage with confidence.

Join our upcoming webinar to learn about our exciting degrees in:

- music
- musical theatre
- acting

Hear from our expert creative arts staff and get the answer to your questions in a live Q&A. Start planning your rewarding career journey in music and performing arts with Griffith University today.

[Find out more and register](#)

July 30: Parent Information Evening

Organisation: University of Queensland

Location: Online

Date: July 30, 2025

Join us for an informative webinar event that will give you all you need to know to help your child transition from high school to university.

- Learn about the application process.
- Understand what financial support is available.
- Hear about accommodation options.
- Discover the wide range of support services.
- Get tips for successfully transitioning to university.

A panel of students and parents will share their experiences and answer your questions.

[Find out more and register](#)

[Find out more and register](#)

August 2: ACU Open Day 2025, Brisbane

Organisation: Australian Catholic University

Location: ACU Brisbane Campus

Date: August 2, 2025

Open Day is your chance to find out everything you need to know about studying at ACU before you enrol. You'll be able to check out the campus, meet staff and students, discuss entry pathways, and talk to experts about your study options and career goals.

[Find out more and register](#)

August 3: UniSC Open Day 2025, Sunshine Coast

Organisation: University of the Sunshine Coast

Location: UniSC Sunshine Coast Campus

Date: August 3, 2025

UniSC Open Day is all about welcoming community and future students on to campus to check out UniSC's program offerings, meet staff and explore UniSC's world class teaching and learning facilities.

[Find out more and register](#)

August 3: UQ Open Day 2025, St Lucia

Organisation: University of Queensland

Location: UQ St Lucia Campus

Date: August 3, 2025

We can't wait to welcome you to Open Day at UQ's St Lucia campus in Brisbane. Explore your interests and study options, immerse yourself in university life and get answers to all your questions.

What to expect:

- Attend sessions to uncover your study area of interest and find out more about the degrees we offer.
- Enter a competition, grab some freebies, listen to live music, get hands-on in a workshop or come on a tour.
- Get to know UQ. Ask current students and teachers all your questions and find out about student life.

[Find out more and register](#)

August 9: UniSQ Open Day 2025, Ipswich

Organisation: University of Southern Queensland

Location: UniSQ Ipswich Campus

Date: August 9, 2025

Open Day is the best way to get a feel for the campus, learn more about your study options, student clubs, sports teams, events, as well as finding out what it's really like to study at UniSQ.

- Take a tour around campus and discover our state of the art facilities. Plus, don't forget to explore our indoor rainforest located in our Library.
- Chat one-on-one with lecturers and current students and learn about the opportunities included in your degree.
- Test your skills as a nurse or paramedic in our nursing wards and emergency training labs, including a simulated ambulance and birthing suite.
- Step into the shoes of a law student, in our modern court room.
- Explore our state-of-the-art simulated learning experiences in our Skillshare simulation studios for social work and human services.
- Learn how to be a change agent with our psychology experts.
- Get a one-on-one career counselling session to help plan your future. It's free but places are limited so make sure to get there early to secure your spot.
- Sit back and relax to live music while you enjoy lunch from our food trucks.

[Find out more and register](#)

August 9: UniSQ Open Day 2025, Springfield

Organisation: University of Southern Queensland

Location: UniSQ Springfield Campus

Date: August 9, 2025

Open Day is the best way to get a feel for the campus, learn more about your study options, student clubs, sports teams, events, as well as finding out what it's really like to study at UniSQ.

- Chat one-on-one with lecturers and students and learn about the opportunities included in your degree.
- Get ready for take-off. Be immersed in live demonstrations of our flight simulator. You could even fly the simulator yourself - make sure you arrive early as there are limited spots.
- Tour our multi-million dollar engineering lab.
- Get up close with some of Australia's most unique wildlife with our wildlife and environmental science experts.
- Go behind the scenes and uncover how a live television show is produced or be a part of a live radio program in the studio.
- Heard of the new work order? Learn more with our Business Head of School and find out how we're preparing graduates for the future of business.
- Get a one-on-one career counselling session to help plan your future. It's free but places are limited so make sure to get there early to secure your spot.
- Sit back and relax to live music while you enjoy lunch from our food trucks.

[Find out more and register](#)

August 10: Griffith Open Day 2025

Organisation: Griffith University

Location: Griffith Nathan & Gold Coast Campuses

Date: August 10, 2025

Spanning across Brisbane South (Nathan) and Gold Coast campuses, Open Day will showcase our world-class facilities, unique student life, and give you direct access to students and academics.

[Find out more and register](#)

August 13: Ideas Camp 2025

Organisation: Bond University

Location: Bond Gold Coast Campus

Date: August 13, 2025

Whether you have a business idea that will set the world on fire, or if you want to blaze your own trail despite being unsure of your career path, then get ready to unleash your inner entrepreneur!

Ideas Camp is a hands-on, one-day business workshop designed exclusively for our next gen corporate adventurers. Join us and as we bring together some successful young entrepreneurs and current Bondies to stir the embers of your business dreams.

If you're in Year 10, 11 or 12, are dreaming of a career in business, and want to be inspired, you won't want to miss Ideas Camp.

[Find out more and register](#)

August 16: SAE Open Day 2025, Brisbane

Organisation: SAE University College

Location: SAE Brisbane Campus

Date: August 16, 2025

We're opening the doors to the campus for our biggest event of the year – Open Day!

Come and tour our facilities, speak to faculty members, meet current students, and find out everything you need to know about studying at SAE.

If you're considering studying creative media, come along to SAE's Open Day to speak to our experienced team and learn how you can pursue your passion in this dynamic and expanding industry.

[Find out more and register](#)

August 16: ADFA Open Day 2025

Organisation: Australian Defence Force Academy

Location: ADFA Canberra Campus & Online

Date: August 16, 2025

Join us online or in person for ADFA Open Day to learn about life on campus and how you can receive a fully funded UNSW degree.

Don't worry if you can't make it in person, you can still attend ADFA Virtual Open Day online. Register now to reserve your spot at the online event, or join us in person with no registration required.

On the day, you will have the chance to:

- Explore world-class UNSW degrees, with information sessions about Business, Arts, Science, Engineering, Computing and Cyber Security.
- Learn about military training, studying and life on campus from current ADFA Trainee Officers.
- Watch a range of exciting military displays from Navy, Army and Air Force.
- Take a tour of the campus, and much more.

[Find out more and register](#)

August 17: UQ Open Day 2025, Gatton

Organisation: University of Queensland

Location: UQ Gatton Campus

Date: August 17, 2025

Discover your passion for agricultural studies and animal sciences at UQ Gatton Open Day. Explore the heritage-listed campus and world-class facilities.

What to expect:

- Attend sessions to uncover your study area of interest and find out more about the degrees we offer.
- Enter a competition, grab some freebies, listen to live music, get hands-on in a workshop or come on a tour.

- Get to know UQ. Ask current students and teachers all your questions and find out about student life.

[Find out more and register](#)

August 17: UniSQ Open Day 2025, Toowoomba

Organisation: University of Southern Queensland

Location: UniSQ Toowoomba Campus

Date: August 17, 2025

Open Day is the best way to get a feel for the campus, learn more about your study options, student clubs, sports teams, events, as well as finding out what it's really like to study at UniSQ.

- Take a tour around campus. Choose what facilities you'd like to explore based on your interests.
- Chat one-on-one with lecturers and current students and learn about your degree options.
- Get ready for take-off. Be immersed in live demonstrations of our flight simulator. You could even fly the simulator yourself - make sure you arrive early as there are limited spots.
- Tour our high-tech Agricultural precinct. Discover our hypersonic flow and rocket facilities and learn about the science behind driverless tractors and precision irrigation systems.
- Take part in an acting workshop and theatre making workshop with our School of Creative Arts.
- Get up close with some of Australia's most unique wildlife with our wildlife and environmental science experts.
- Take part in three Medicine Pathway activities. Learn about blood grouping, physiology, and suturing. Places are limited so make sure to get there early to secure your spot.
- Discover the world of rocket science and space engineering. Learn about the principles of flight as you create your own water rocket.
- Get a one-on-one career counselling session to help plan your future. It's free but places are limited so make sure to get there early to secure your spot.
- Sit back and relax to live music while you enjoy lunch from our food trucks.

[Find out more and register](#)

August 23: Torrens Open Day 2025, Brisbane

Organisation: Torrens University Australia

Location: Torrens Fortitude Valley Campus

Date: August 23, 2025

Come and meet our academics, and Future Student Advisors, who will be able to answer all your questions about early entry, scholarships, entry pathways and our world-class facilities. Explore our campus and find out firsthand how exciting studying in Brisbane can be.

[Find out more and register](#)

August 23: Whitehouse Open House 2025, Brisbane

Organisation: Whitehouse Institute of Design

Location: Whitehouse Brisbane Campus

Date: August 23, 2025

Join Whitehouse this August to hear more about our design courses, join a free creative workshop or join an info session on where a career in design can take you.

[Find out more and register](#)

August 24: SCU Open Day 2025, Gold Coast

Organisation: Southern Cross University

Location: SCU Gold Coast Campus

Date: August 24, 2025

Open Day at Southern Cross University is a perfect opportunity to discover which courses spark your interest and the campus or study mode that works best for you.

Our friendly study specialists will be on hand to step you through the process of applying for your dream course and answer any questions you have about studying with us.

[Find out more and register](#)

September 22 – October 2: Griffith Year 12 Academic Bootcamps

Organisation: Griffith University

Location: Griffith Gold Coast & Logan Campuses

Date: September 22 to October 2, 2025

Griffith's Academic Bootcamps are highly effective four-day courses run in the September school holidays, designed to help Year 12 students achieve their full academic potential in their final external exams. They aim to improve confidence and understanding in senior science and maths subject areas, reducing anxiety around assessment and preparing students for future tertiary study.

Week one: 22 - 25 September 2025

- General Maths
- Maths Methods

Week two: 29 Sept - 2 Oct 2025

- Chemistry
- Physics
- Biology
- Psychology

The 2025 Bootcamps will be held on campus at Griffith University Gold Coast and Logan during the September school holidays.

[Find out more and register](#)

September 22 – 26: Beginner Language Bootcamp at UQ IML

Organisation: University of Queensland

Location: Online

Date: September 22 to September 26, 2025

Join UQ's Institute of Modern Languages (IML) for an exciting 5-day immersive language program designed specifically for students in years 7 and 8.

What's involved:

- Learn from experienced UQ IML tutors in a fun, online setting
- Choose from French, German, Japanese or Spanish – no previous experience required
- Learn over 5 days, from Monday to Friday
- Sessions run daily for 1.5 hours, from 9am to 10:30am

Applications close 12 September 2025.

[Find out more and register](#)

Scholarships

AFTRS Equity Scholarships

Organisation: Australian Film, Television and Radio School

Location: New South Wales

Value: Up to \$3,000 AUD

Open Date: June 18, 2025

Close Date: October 28, 2025

[Find out more](#)

ACU Ramsay Undergraduate Scholarship

Organisation: Australian Catholic University

Location: Australia

Value: Up to \$160,000 AUD

Open Date: June 16, 2025

Close Date: September 26, 2025

[Find out more](#)

QUT Corporate Partners in Excellence (CPIE) Scholarship

Organisation: Queensland University of Technology

Location: Australia

Value: \$42,000 AUD

Open Date: July 1, 2025

Close Date: October 12, 2025

[Find out more](#)

John Curtin Scholarship Program

Organisation: Curtin University

Location: Australia

Value: See details

Open Date: June 3, 2025

Close Date: September 10, 2025

[Find out more](#)

AFTRS First Nations Scholarships

Organisation: Australian Film Television and Radio School

Location: New South Wales

Value: Up to \$12,500 AUD

Open Date: June 18, 2025

Close Date: October 28, 2025

[Find out more](#)

Weekly Posts

Jobs & Careers

10 jobs for sporty people

Are you looking for a career that keeps you active and engaged in the world of sport? You're not just limited to being a professional athlete - there are loads of exciting careers out there that combine your passion with fulfilling work. From supporting performance to reporting from the sidelines, here are ten jobs perfect for people who love sport.

Personal trainer

If you've ever been to the gym for the first time and needed a little guidance, you know the importance of a [personal trainer](#). Whether you're helping gym newbies figure out equipment and workout routines or boosting the performance of professional athletes, personal trainers play a crucial role in the world of sport.

You'll help clients achieve their fitness goals by designing personalised workout plans and providing advice on exercise techniques and nutrition. You might work in gyms, fitness centres, elite clinics, or even as an independent consultant.

To become a personal trainer, you'll typically need a recognised fitness qualification - it can also help to obtain certification from a reputable training organisation.

Sports coach

Always been the type to take on a leadership role and enjoy supporting others? You could have the makings of a perfect sports coach. They work with teams or individual athletes to develop their skills, strategy, and performance in their chosen sport.

Coaches often have backgrounds as athletes themselves and typically start by coaching at youth or amateur level before moving up to higher levels of competition. This pathway lets you stay involved in the sport you love while also helping others reach their potential.

While previous playing experience is valuable, you can also start by undertaking a coaching qualification specific to your sport. These are typically earned through national sporting organisations.

Physical education teacher

We all remember that one inspiring PE teacher at school - they gave us lessons to look forward to and made sure we stayed active while providing valuable education. If you want to be that motivating individual for someone else, you could consider becoming a physical education teacher.

As a PE teacher, you'll inspire students to stay active and teach them about the importance of physical fitness and health. You can work in schools or community education centres, organising and leading all kinds of sports and fitness activities.

To become a PE [teacher](#), you'll need a teaching or education degree with a focus on physical education, plus obtain teacher registration in your location.

Exercise scientist

Are you someone who's into both science and sports? Exercise scientists study how the body responds to physical activity and use this knowledge to help people from all walks of life improve their health and performance.

Exercise scientists work in research, clinical settings, or with sports teams to analyse movement patterns, develop training programmes, and help prevent injuries. They might also

conduct fitness assessments, design rehabilitation programmes, or research new training methods.

The most common pathway to becoming an exercise scientist involves studying a degree in exercise science, physiology, or another related field.

Sports nutritionist

If you're into sports, you probably already know that nutrition plays a massive role in athletic performance. Depending on their sport, athletes may need to maintain, gain, or lose weight, and as a sports nutritionist it would be your role to help them do this safely and effectively. Sports nutritionists help athletes optimise their performance by designing nutrition plans tailored to their specific needs. You'll provide advice on diet, supplements, and hydration to ensure athletes are fuelling their bodies correctly.

A degree in nutrition or dietetics is typically required to enter this career, along with professional registration as a dietitian or nutritionist.

Sports journalist

Do you love reading about sports just as much as you like watching them? Want to engage with elite athletes and bring their stories to the public? If you love writing and have a passion for sport, consider a career as a sports journalist.

As a sports journalist, you'll cover sporting events, interview athletes, and write articles or create content for newspapers, magazines, websites, or broadcast media. Plus, you'll always be up to date on the latest sporting news and often find yourself on the sidelines so you never miss the action.

To become a sports journalist, a degree in journalism, communications, or media studies is usually required, along with strong writing skills and knowledge of sports.

Sports event manager

Are you the friend who's always organising activities? Do you love attending games and have excellent organisation skills? You could make the perfect sports event manager.

Sports event managers organise and oversee sporting events, from local tournaments to international competitions. You'll handle logistics, marketing, sponsorships, and ensure events run smoothly. When you're watching an awesome sporting event or even the Olympics, know that the sports event managers behind the scenes play a major role in making it all possible. Obtaining a qualification in event management or business is helpful to start in this career - you'll also need experience in organising events and strong project management skills.

Sports psychologist

Interested in psychology but don't want to step away from the world of sport? Sports psychology combines the two in a way that's incredibly important for athletes.

Sports psychologists work with athletes to improve their mental game, helping them manage stress, enhance focus, and overcome mental barriers. You'll play a crucial role in ensuring athletes perform at their best, and the job can extend to various settings like helping young athletes or working in clinical environments.

You'll need to obtain a degree in psychology followed by further specialist postgraduate study in sports psychology, plus professional registration as a psychologist.

Fitness instructor

While the sound similar, fitness instructors are slightly different from personal trainers - instead of working one-on-one, they lead group exercise classes such as aerobics, spinning, [yoga](#), or Pilates.

Your job is to create fun and engaging workouts that help participants stay motivated and reach their fitness goals. If you're outgoing, excellent in groups, and love fitness, you might be perfect for this role.

To become a fitness instructor, you'll usually need a qualification or certification specific to the types of classes you want to teach, plus lots of hands-on experience.

Sports marketing specialist

Do you think you'd be good at promoting your favourite team or encouraging people to attend games? If so, sports marketing might be right up your alley.

Sports marketing specialists promote teams, events, and products. You might create marketing campaigns, manage social media accounts, and work on sponsorship deals to increase visibility and engagement.

If you want to pursue this career, a degree in marketing or sports management are essential. Strong communication skills and understanding of digital marketing platforms are also must-haves.

Want more career options?

Whether you're looking for inspiration or advice on building skills for your future career (sports related or not), [there's lots more to explore on our website here](#).

Gap Years

[How a gap year can build your work and life skills](#)

For many students, the final year of high school can feel like a race to the finish line, with university or career plans immediately on the horizon. But it's also OK to take a step back and consider a gap year instead - in fact, it could be one of the most impactful experiences of your life.

Far from being time off, a gap year can be a chance to gain valuable experiences, skills, and insights to set you up for future success. Here's how taking a gap year can help boost your work and life skills, making you stand out in the professional world and beyond.

You'll gain real-world experience

During a gap year, you have plenty of time to find an internship, start volunteering, or gain work experience in fields that interest you. This hands-on experience can help you decide on a future study or career path, all while providing valuable skills that employers love (and the experiences and accomplishments to back them up).

For example, if you're interested in teaching, you could [volunteer](#) with an educational organisation and teach overseas. If you see yourself working in healthcare, shadowing a medical professional or volunteering in a healthcare setting can give you insight into that field. This hands-on experience demonstrates to future employers or admissions officers that you're proactive and committed - or it might help you clarify your options if you're still undecided.

You'll develop independence and self-reliance

Whether you're travelling, working, or volunteering, a gap year requires you to:

- Manage your time and finances
- Make important decisions
- Solve problems on your own
- Adapt to new situations

These skills are all crucial for success in study, work, and life, and can provide you with the tools you need to make a decision about your next steps.

You can boost your global awareness

If you decide to head overseas for your gap year (whether it's for work or just to sightsee), you could expand your world-view and build cross-cultural understanding. You might improve or gain new language skills, build your understanding of global issues, and become more adaptable and open-minded.

Employers and universities, particularly those with international connections, highly value candidates who possess these qualities.

You'll enhance your human skills

A gap year provides countless opportunities to really work on and gain essential [human \(or soft\) skills](#) such as:

- Communication
- Problem-solving
- Teamwork
- Resilience
- And more!

These skills are often just as important as academic knowledge in the job market. Not only that, they're also great skills to have for day-to-day life as well.

You'll stand out from the crowd

A well-planned gap year can make your university application or resume unique. It demonstrates initiative, maturity, a willingness to step out of your comfort zone, and the perseverance to learn and adapt. These qualities could really set you apart from other applicants and improve your chances of successfully landing a place or position.

Admissions officers and employers often appreciate candidates who have taken the initiative to gain practical experience and personal growth outside the traditional academic pathway.

You can expand your network beyond the classroom

During your gap year, you'll meet heaps of new people without even trying. Depending on what you choose to do, they could be:

- Fellow travellers
- Mentors
- Industry professionals
- Community leaders

These connections can be valuable for future opportunities - a professional contact from a gap year internship could help you find a job after graduation, or a friend you met volunteering abroad might provide a reference for a [scholarship](#). Expanding your network through meaningful experiences can open doors that you may not have access to otherwise.

It can help you recharge and refocus

Had enough school for now? Simply taking a break from formal education can be a great way to avoid burnout while discovering new passions. In fact, many students find they [return to study with a renewed enthusiasm and focus](#) after their gap year.

Learning how to [balance your life](#) is a valuable skill in itself - and prioritising your mental health and wellbeing is always important.

Final thoughts

While it might feel like you're stepping off the traditional path, the experiences and clarity you gain from a gap year could set you far ahead of your peers.

Just remember, the key to a successful gap year is having a plan. Research your options, set goals, and make the most of this opportunity to build your work and life skills.

You can [find more information about gap years on our website here](#) - including our gap year quiz, designed to help you decide if a gap year is right for you.

Study Tips

Mid-year study strategies to stay on track

Feeling a bit lost halfway through the school year? You're not alone. The mid-year slump is real, and it happens to the best of us. The excitement of starting fresh has worn off, holidays have disrupted your routine, and the end of the year still feels ages away. Now is the perfect time to reset and make sure you're heading in the right direction. With a few adjustments and some solid mid-year study strategies, you can stay on track and finish the year strong.

Check your progress

Before you can move forward, you need to know exactly where you are right now - you can't plan your route until you know your starting point.

Check your grades and progress

Log into your student portal and take an honest look at your current grades. Don't just glance at them and move on: really examine the patterns. Are there subjects where you're consistently struggling? Are there areas where you started strong but have been slipping? Make a list of your current standing in each subject and note any trends you spot.

Review your goals

Remember those goals you set at the beginning of the year? Dig them out and see how you're tracking. Are you on track to achieve what you hoped for? Do your original goals still make sense, or do they need adjusting based on what you've learned about yourself this year? And even if you didn't set any formal goals, [now's still a brilliant time to do so](#).

Identify what's working and what isn't

Be honest about your [study habits, organisation systems, and routines](#). What strategies have been helping you succeed? What's been holding you back? This isn't about beating yourself up – it's about learning from experience and making smarter choices going forward.

Create a mid-year action plan

Now that you know where you stand, it's time to [map out your path to success](#) for the rest of the year.

Set realistic targets

Based on your current position, [set achievable goals for the remainder of the year](#). If you're behind in maths, for example, your goal might be to improve your grade by one level rather than jumping straight to the top.

Remember, sustainable progress beats dramatic changes that you can't maintain.

Prioritise your subjects

Not all subjects need the same amount of attention. If you're already doing well in English but struggling with chemistry, you know where to focus your extra energy. Create a priority list based on which subjects need the most work and which matter most for your future plans.

Break down big tasks

Those major assignments and exams coming up can feel overwhelming when you look at them as massive chunks. Break them down into smaller, manageable pieces with specific deadlines. For example, instead of "study for chemistry final," try "review chapters 1-3 by Friday, complete practice problems over the weekend, and review chapter 4 by Tuesday."

Rebuild your study routine

Mid-year is the perfect time to refresh your study habits and fix any systems that aren't working.

Audit your study space

Take a fresh look at [where and how you study](#). Is your study space still working for you, or has it become cluttered and distracting? Sometimes a simple reorganisation or change of scenery can make a huge difference to your focus and productivity.

Experiment with new techniques

If your current study methods aren't delivering results, now's the time to [try something different](#). Maybe you've been relying heavily on reading and highlighting – consider adding active recall, practice testing, or teaching concepts to someone else. Mix things up and see what clicks.

Schedule regular review sessions

One of the biggest mistakes students make is only studying right before tests. Build [regular review sessions](#) into your routine so you're constantly reinforcing what you've learned. Even 15 minutes of review every few days can make a massive difference at exam time.

Stay motivated through the home stretch

Motivation naturally dips during the middle of the year, but there are ways to reignite your enthusiasm.

Connect your work to your future

Remind yourself why you're doing this. Whether it's getting into your dream university, pursuing a particular career, or simply proving to yourself that you can achieve your goals, keep that bigger picture in mind when the daily grind gets tough.

Celebrate small wins

Don't wait until the end of the year to acknowledge your progress. Celebrate when you improve a grade, master a difficult concept, or stick to your study schedule for a full week. These [small victories add up](#) and help maintain momentum.

Find your study tribe

Surround yourself with people who support your academic goals. This might mean forming a study group with classmates, finding a study buddy who keeps you accountable, or simply spending more time with friends who take their studies seriously.

Get help when you need it

There's absolutely [no shame in asking for support](#) – in fact, it's one of the smartest things you can do.

Talk to your teachers

Your teachers want you to succeed, and mid-year is an excellent time to check in with them. Ask for specific feedback on how you can improve, clarification on concepts you're struggling with, or advice on how to approach upcoming assignments.

Use available resources

Make sure you're taking advantage of all the support your school offers. This might include tutoring services, study groups, online resources, or academic counselling.

Consider outside support

Sometimes you need help beyond what's available at school. This could mean hiring a tutor, joining an online study community, or working with a mentor. There's no one-size-fits-all solution, so find what works for your situation and budget.

Look after yourself

Academic success isn't just about studying harder – it's about studying smarter and [maintaining your wellbeing](#) along the way.

Maintain healthy habits

Your brain needs proper fuel and rest to function at its best. Make sure you're getting enough sleep, eating nutritious food, and taking breaks from studying.

Manage stress effectively

Mid-year pressure is real, but chronic stress will hurt your performance more than help it. Find healthy ways to manage stress, whether that's through exercise, meditation, talking to friends, or pursuing hobbies you enjoy.

Keep perspective

While your studies are important, they're not everything. One bad test or assignment won't ruin your entire future, we promise. Keep things in perspective and remember that setbacks are opportunities to learn and grow, not reasons to give up.

Moving forward with confidence

The mid-year point isn't a time for panic - you still have plenty of time to make meaningful improvements.

Remember, everyone's academic journey looks different. Some people start strong and maintain that pace throughout the year. Others need time to find their rhythm and peak later. Some have ups and downs that match the natural flow of the school calendar. All of these patterns are normal, and none of them determine your ultimate success.

The most important thing is that you're being proactive about your education. By taking the time to assess where you are and make a plan for moving forward, you're already ahead of students who just hope things will somehow work out on their own.

Find out more

Want more study and wellbeing tips? [Check out our other resources here.](#)

Job Spotlights

[How to become a Meteorologist](#)

Meteorologists are weather specialists, using science and algorithms to predict weather patterns and events. They track local weather, measuring things such as rain levels and wind, as well as larger weather events, such as heat waves and cyclones. They also provide advice and forecasting before and during natural disasters.

If you have a passion for science and maths, are a great problem solver, and want a job that can be unpredictable and varied, becoming a meteorologist could be right for you.

What skills do I need as a meteorologist?

- Excellent problem-solver
- Strong mathematical skills
- Analytical and critical thinker
- Good technology skills
- Adaptable and flexible
- Outstanding communicator
- Curious and inquisitive
- Can work independently and in teams

What does the job involve?

- Studying the physics and dynamics of the atmosphere
- Tracking developing weather systems and events
- Gathering data on weather conditions and making predictions
- Providing weather forecasts to the media and public
- Forecasting both short- and long-term weather patterns
- Deploying technology, such as radars and satellites, to obtain data
- Advising governments on disaster prevention and preparedness
- Researching larger climate events, such as climate change

What industries do meteorologists typically work in?

- Professional, Scientific and Technical Services
- Education and Training
- Public Administration and Safety

What Career Cluster do meteorologists belong to?

Because they use their specialised skills and knowledge to research and advise, most meteorologists are usually part of the [Informer](#) Cluster.

What kind of lifestyle can I expect?

Most meteorologists work full-time, with part-time opportunities being quite limited. You can expect to work some overtime, particularly during natural disasters when weather monitoring becomes critical regardless of the time of day.

You can expect to earn an average salary throughout your career as a meteorologist, which can vary depending on your skills and experience.

Meteorologists typically work indoors in offices using computers, with some opportunities for fieldwork. Most meteorologists work in government, though there may be some opportunities in independent science and research labs too.

How to become a meteorologist

To work as a meteorologist, you first need to complete an undergraduate degree meteorology or science, with a strong focus in physics and mathematics.

You'll likely start in a graduate or junior position, completing on-the-job training and potentially further education before progressing to senior roles. Eventually, you might move into research or specialised roles.

What can I do right now to work towards this career?

If you're in high school and want to explore whether a career as a meteorologist is right for you, here are some steps you can take:

- Study Physics and Mathematics at school - you'll need this key knowledge for both your degree and future career.
- Seek work experience in science or weather-related settings to see if you enjoy the work and start building contacts.
- Talk to a meteorologist about their day-to-day life, or watch videos and documentaries about careers in science and weather.

Where can I find more information?

- [World Meteorological Organization](#)
- [The Bureau of Meteorology](#) (Australia)
- [Meteorological Service of New Zealand | Te Ratonga Tiorangi](#)
- [Met Office](#) (UK)
- [Met Éireann | The Irish Meteorological Service](#)
- [National Oceanic and Atmospheric Administration](#) (US)
- [Meteorological Service of Canada](#)

Similar careers to meteorologist

- [Climate Scientist](#)
- Environmentalist
- [Conservationist](#)
- Physicist
- [Computational Biologist](#)
- Geologist
- Weather Reporter
- [Wildlife Biologist](#)

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

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