BGGS Careers Newsletter Issue 9

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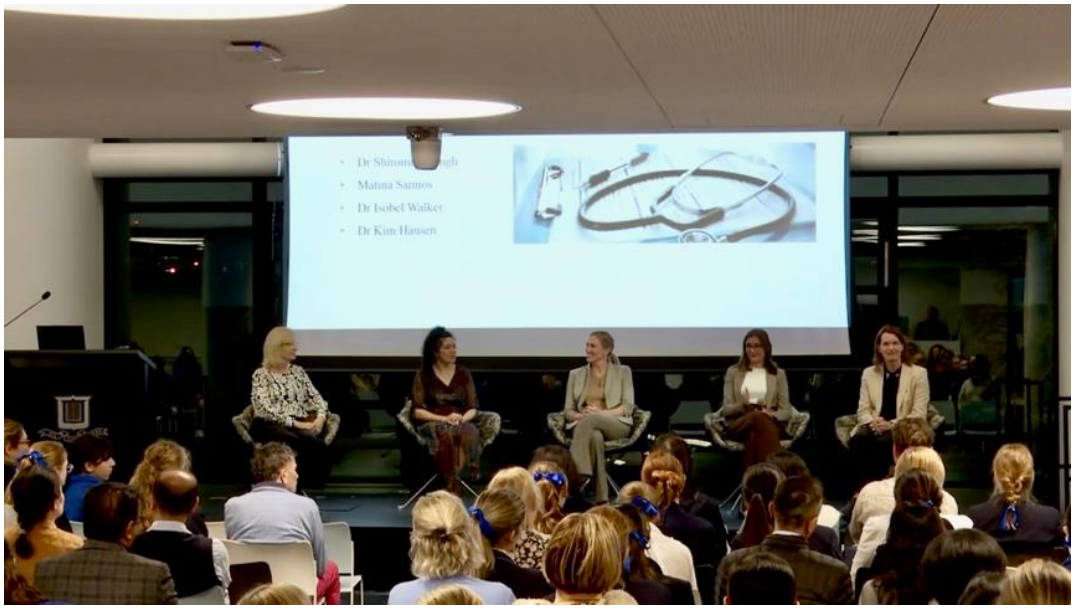
Introduction

The Year 12 QTAC Information Evening was well attended in Week 2, as was the **Interstate University Expo** (see video link). It was great to see so many students engaged in exploring their options far and wide.

The MedPrep Evening for families in Year 10 and 11 was a great success with 4 alumnae representing medicine and dentistry to impart their knowledge and experience to help inform current students aspiring to these careers.

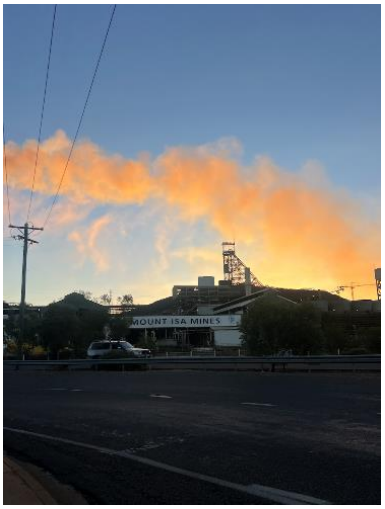
- Dr Shiromani Singh (2009) is a dentist in Brisbane, recently buying her own practice.
- Matina Samios (2020) is a current Doctor of Medicine student at Griffith University, set to graduate in 2026.
- Dr Isobel Walker (1995) is a General Practitioner who received the 2024 Queensland GP of the Year Award in recognition of her outstanding work as a primary supervisor
- Dr Kim Hansen (1992) is a Senior Emergency Physician and Medical Director for Metro North Health.

All panellists shared their career journey, providing valuable insights for current students aspiring to these professions. See the video recording here.



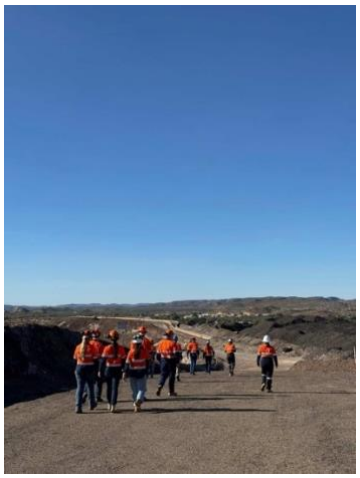
Year 12 Student, Kate Corcoran, attended the Oresome Minds (STEM) Camp in Mt Isa during the recent holiday break. Here is her reflection:

For a week during the July school holidays, I had the privilege of participating in the Oresome Minds (STEM) camp organised by the Queensland Minerals and Energy Academy (QMEA) in partnership with Glencore Mount Isa Mines. I saw this wonderful opportunity on daily notices, and it sounded very close to what I'm interested in pursuing as a career, so I decided to apply. The application included academic results, endorsement from the school and a statement outlining what I wish to get out of the program.
I spent six days in Mount Isa, along with 13 other year 11 and year 12 students from across Queensland learning about working in the resources sector, residential living on a mine site, mine safety, and career options for engineers.



A highlight of my experience on site was spending half a day underground at Glencore's George Fisher mine. Travelling more than a kilometre under the surface we saw several loaders, drilling jumbos and a crusher, and were able to walk around through the breakroom and underground petrol stations. We were also shown through the surface operations seeing an inactive open cut mine, maintenance areas, and road trains delivering ore and tailings—useful information to later complete our project.

We were tasked in small groups with a realistic project researching and optimising the number of trucks needed for the site to function under several scenarios, while also building the stockpile of tailings in preparation for the wet season. During the week we spoke to several senior superintendents of mine planning, engineering and underground operations; mine managers; truck drivers; and maintenance staff, to learn about the work they do and ask them questions for our research task. I appreciated how generous the Glencore mine staff were with their time in supporting us during the projects, discussing their roles in the mine, and watching our presentations.



It was a very social and fun week, with really good food. During our free time, the other students and I watched the State of Origin together, had lovely conversations over dinner at the Irish club or a delicious buffet breakfast.

The experience has provided me with new friends, valuable connections, and confirmed my interest to pursue an engineering degree. For any students unsure about what they want to do after school I can't recommend QMEA programs highly enough to get great experience in the resources industry.

This opportunity was not only incredibly fun, intriguing and informative, but collaborating with so many industry experts allowed for so much networking where genuine connections were established with significant industry individuals enabling us to build a network for our future careers. Overall, it was an amazing experience, and I would like to thank BGGS for their support to participate in the camp.

Events

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 12: Monash Information Evening—Apply from Interstate (QLD)

Organisation: Monash University
Location: Online
Date: August 12, 2025
We understand that choosing the right university is a major decision, especially if you live outside of Melbourne.
That's why we're hosting an online Monash Information Evening — it's a great opportunity to get all your questions answered about undergraduate study at Monash in Victoria.
During the session, you'll learn about:

- Our ten diverse discipline areas
- Undergraduate course options, including comprehensive and specialist courses, double degrees, and pathway programs
- International opportunities like study abroad and overseas tours
- How to apply, including everything you need to know about VTAC, key dates, and deadlines
- Scholarships and fees
- SEAS and the Monash Guarantee
- Accommodation options, both on and off-campus

After the main 45-minute seminar, you'll have the chance to join a breakout room to chat directly with staff from your area of interest.
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: Careers in the Lab: Max Planck QLD National Science Week

Organisation: Queensland University of Technology
Location: QUT Gardens Point Campus

Date: August 16, 2025
Ever wondered how we can grow bones in the lab? Or what's really happening inside your body, between your cells?
Come along to the Max Planck Queensland Centre Open Day and find out. As part of National Science Week, we are opening our doors to kids, students, families—everyone curious about science.
Step inside and find out what it like in a real research centre, meet scientists from around the world, and discover what it is like to work in a lab.
Learn how researchers got into science, what they do each day, and what the future of biomedical research holds.
We will be asking your big questions like:

- What's happening between your cells?
- Can we really make bones?
- Where can science take you?

You will also have a chance to ask your own questions during a Q&A with scientists—you will get to speak with students just starting out in their career to top professors.
Whether you are a science lover or just curious, come along and be inspired. You might just discover your future career.
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 your 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

September 14 to 19: InspireU STEM Camp

Organisation: University of Queensland
Location: UQ St Lucia Campus
Date: September 14 to September 19, 2025
Immerse yourself in a week-long university camp to explore science, technology, engineering and mathematics study options and careers. The camp is perfect for students planning on going to university to explore what degree to study and build their knowledge about university life. The program exposes you to various career and study options at UQ.

- Participate in a week-long on-campus residential camp
- Attend engaging sessions
- Take part in practical, hands-on experiences
- Explore UQ facilities and services
- Connect with current Aboriginal and Torres Strait Islander university students
- Meet fellow high school students.

You're eligible if you:

- are of Aboriginal and/or Torres Strait Islander descent
- are enrolled in high school at the time of application
- are enrolled in ATAR subjects and eligible for an ATAR score
- have a school attendance rate of 90% or greater.

All reasonable costs for the camp, including all travel, flights, accommodation, meals and excursions are paid for by the Aboriginal and Torres Strait Islander Studies Unit (ATSISU).
Find out more and register

September 22 to 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 to 25 September 2025

- General Maths
- Maths Methods

Week two: 29 Sept to 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

Scholarships

QUT Excellence Scholarship (Academic)

Organisation: Queensland University of Technology
Location: Queensland
Value: Up to $30,000 AUD

Open Date: August 5, 2025
Close Date: December 8, 2025
Find out more

UNSW Scientia Scholarships

Organisation: University of New South Wales
Location: New South Wales
Value: $10,000 AUD
Open Date: July 2, 2025
Close Date: December 18, 2025
Find out more

Weekly Posts

What can I do with and Arts Degree?

There is often the debate about the value of an Arts Degree and what kind of role an Arts Graduate could find in industry. The list of roles is quite varied, and includes—

- Teaching & educational administration
- International aid and trade agencies
- Arts production and management
- Public service and social welfare agencies
- General management and administration (local and global)
- Communications industry, publishing, media and public relations
- Tourism and hospitality

One of the most important things for students to note, is that an Arts' student learns skills that are very transferrable in industry. These include **communication skills, critical thinking and reading skills, analytical skills,** and **research skills—browse Career FAQS—What to do with your Arts Degree to learn more.**

The University of Melbourne also has some useful information at this link—Bachelor of Arts : Where will this take me?

Jobs & Careers

Psychology vs counselling: What's the difference?

If you've ever been curious about how the mind works or felt drawn to helping people navigate their challenges, you might have thought about a career in psychology or counselling. But while there's some overlap in these fields, they're actually quite different. Think of it like this: all psychologists can do counselling, but not all counsellors are psychologists. Confused? Don't worry, we're about to break it all down.

What do psychologists actually do?

Psychologists study how people think, feel, and behave—but they approach it from a scientific angle. They're interested in the 'why' behind human behaviour, and use research, data, and evidence-based methods to understand mental processes.

A typical day for a psychologist might include conducting therapy sessions, but it could also involve designing research studies, analysing data, writing reports, or even testifying in court. Some psychologists spend their days in labs studying how memory works, while others might be helping companies understand consumer behaviour.

Examples of psychology careers

- **Clinical psychologist**: diagnose and treat emotional, behavioural, and psychological problems through therapy and support.
- **Research psychologist**: study how people think, feel, and behave, often working in universities or research centres to expand our understanding of the mind.
- **Forensic psychologist**: apply psychology to the legal system, helping in criminal investigations, court cases, and rehabilitation.
- **Educational psychologist**: support students, teachers, and families by identifying developmental, behavioural, and learning challenges, then creating strategies to help young people succeed at school.
- **Organisational psychologist**: study workplaces and help businesses improve employee wellbeing, teamwork, and productivity.

So what about counsellors?

Counsellors are the people you turn to when life gets overwhelming. Their main focus is providing emotional support and practical strategies to help their clients work through personal challenges—they're there to listen, guide, and help find solutions.

A counsellor's day could be filled with one-on-one or group sessions helping people process emotions, develop coping strategies, and work towards personal goals. Or, they might specialise in specific areas like relationships, addiction, or grief. In any case, their primary role is always about providing direct support.

Examples of counselling careers

- **Mental health counsellor**: offer emotional support and therapy to help clients manage stress, anxiety, and other personal challenges.
- **Genetic counsellor**: help individuals and families understand genetic conditions, testing options, and the risks of inherited health issues.
- **Marriage and family counsellor**: work with couples and families to improve communication, resolve conflicts, and strengthen relationships.
- **Addiction counsellor**: support people struggling with alcohol, drugs, or other addictions, helping them find healthy coping strategies.
- **School counsellor**: create a safe space for students, offering help with academic pressures, friendships, and personal wellbeing at school.

- **Career counsellor**: help people explore job options, plan career paths, and manage changes or challenges in their work life.

The education journey
Because they're unique careers, the study pathways aren't the same. Both involve university study, but becoming a psychologist usually takes longer because there's more research and specialist training involved, while the counselling route is generally shorter and more focused on practical skills.

Psychology pathway
- Bachelor's degree in psychology (3-4 years)
- Honours year or research experience
- Master's degree in a psychology specialisation (1-2 years)
- Often a PhD for clinical or research roles (3-4 years)
- Supervised practice and registration requirements

Counselling pathway
- Bachelor's degree (often in psychology, social work, or related field, 3-4 years)
- Diploma or Master's degree in counselling (optional, 1-2 years)
- Supervised practice hours
- Professional registration or certification

Skills you'll need
Both counsellors and psychologists need great people skills, including active listening, empathy, and communication. But psychologists also rely heavily on research, data analysis, and assessment skills, while counsellors focus more on guiding conversations and offering day-to-day support.

Psychology skills
- Strong analytical and research abilities
- Critical thinking and problem-solving
- Statistical analysis and data interpretation
- Scientific writing and communication
- Patience for long-term research projects

Counselling skills
- Exceptional listening and empathy
- Communication and interpersonal skills
- Emotional resilience and self-awareness
- Practical problem-solving
- Ability to maintain professional boundaries

The licensing landscape
Both psychologists and counsellors usually need professional registration to practice, but the requirements can differ.
Psychologists typically need to complete supervised practice with a registered psychologist and pass competency assessments. Counsellors usually need to complete a certain number of supervised practice hours and maintain ongoing professional development.
The key difference is that psychologists can diagnose mental health conditions and are often recognised by other medical professionals and health insurance schemes, while counsellors focus on support and therapy without always requiring a formal diagnosis.

Day-to-day differences
Depending in which path you follow, you might find some common tasks between the two roles, but they could also be quite different.
Counsellors usually spend most of their day talking with clients, offering support and strategies for everyday challenges. Psychologists might also see clients, but they often split their time between assessments, writing reports, researching, and analysing data too.

Psychologist tasks

- Conduct psychological assessments and write detailed reports
- Provide evidence-based therapy using specific techniques
- Collaborate with psychiatrists and other medical professionals
- Keep up with the latest research in their field
- Supervise other mental health professionals

Counsellor tasks

- Run back-to-back therapy sessions with clients
- Facilitate support groups
- Develop personalised treatment plans
- Liaise with other support services
- Focus on practical coping strategies and emotional support

Which path suits you?
If you love research, enjoy diving deep into data, and want to understand the science behind human behaviour, psychology might be your calling. You'll need patience for a longer study period, but you'll have diverse career options to choose from, from research to clinical practice.
If you're passionate about directly helping people through difficult times and prefer hands-on support work, counselling could be perfect. The training is more focused and practical, getting you into the workforce sooner.

The bottom line
Remember, there's no wrong choice here. Both psychology and counselling are rewarding careers that make a real difference in people's lives. The key is understanding which approach resonates with your interests, strengths, and career goals.
As more people understand and talk openly about mental health, the need for support services continues to rise. So both fields have strong predicted job prospects, with high demand and expected growth for passionate, skilled professionals.
You can explore more career options and pathways on our website here.

University

How to apply to university: The complete guide

Applying to university can feel overwhelming when you're navigating forms, deadlines, and endless course options. However, with the right approach and timeline, you can transform this daunting process into a structured journey towards your academic future. Whether you're aiming for a specific career or exploring your academic interests, this guide can help you navigate each step with confidence.

Should you apply to university?
Before diving into applications, take a moment to consider whether you really want to go to university and if it aligns with your goals and learning style. University offers an adult approach to education, combining academic depth with professional networking opportunities.
University might be right for you if you:

- Want to study a topic in depth
- Are thinking of a career requiring a degree (such as teaching, nursing, or engineering)
- Are academically inclined but uncertain about your career direction

Many successful graduates enter university without a clear career path and discover their interests through exploration. If you need some inspiration, take a look at the most popular university courses to see if anything sparks your interest.
If you're unsure, consider applying anyway. Not applying guarantees you won't have university as an option later, while accepting an offer remains entirely your choice. This approach keeps your doors open while you make your final decision.
Decided that university isn't right for you? You might like to check out alternatives like apprenticeships, jumping straight into work, or seeing what other options are out there.

Choose what you want to study
Ideally your course selection should align with either your career aspirations or academic interests (what you're good at and what you're interested in). This decision forms the foundation of your entire university experience, so it deserves some time and attention.

You have a future career in mind
If you've identified your preferred career path, great! Research the qualification requirements thoroughly.
Some careers offer multiple degree pathways—for instance, robotics professionals might study mechatronics, mechanical, or electrical engineering. Understanding these options could help you choose the best course to get you there.

You're not sure what you want to do yet
Perhaps you haven't settled on a specific career yet—that's OK too.
Focus on subjects that genuinely interest you rather than something you hope will lead to a high paying job (so if you don't like maths and spreadsheets, don't pick accounting just because you think you'll earn lots).
Consider broad degrees that offer specialisation options down the track during your studies. Business degrees, for example, often provide a general foundation before allowing you to focus on areas like marketing, finance, or management.
Avoid highly specialised degrees unless you're genuinely interested in their specific career outcomes. Dentistry leads almost exclusively to dental practice, whilst a science degree opens doors to research, teaching, healthcare, and industry roles.
Once you've chosen what you want to study, write it down, and be clear about it before you start looking for somewhere to study it. Websites like Course Seeker, DiscoverUni, and Top Universities are great places to help you research and compare courses.

Find where you want to study it
Where you go to study isn't as important as what you study and opportunities available. Most employers focus on your skills and knowledge rather than which university awarded your degree, as generally speaking most accredited tertiary providers have similar academic standards.
Consider these practical factors when you're weighing up your options:

- Does the university offer your preferred course? If not, eliminate it from consideration immediately.
- Think about accommodation options—can you live at home initially, or do you prefer the independence of campus life? Factor accommodation costs into your budget planning.
- Investigate networking and career opportunities each institution provides. University networks often prove invaluable for internships, job opportunities, and business connections throughout your career.
- Look for universities with strong industry partnerships and active alumni networks in your field of interest.

If you've done your research and still have lots of options, attending open days and connecting with current students are the best ways to get a feel for the place, ask questions, and gather insider perspectives. Ask current students if they are are happy with their course, can access the support they need, and what advice would they give you.

Preparing your application

Once you've identified what you want to study and where, it's time to research the application requirements and deadlines thoroughly.

Missing deadlines could derail your entire timeline, so mark all important dates in your calendar and share them with family members who can help you stay on track.

Gather required documentation early in the process. You'll likely need student identification numbers (like the USI in Australia) and your academic transcripts as a minimum. Some courses require additional assessments like psychometric testing, entrance exams, or portfolio submissions, which may have earlier or different deadlines than the main application.

Lastly, before you start you application, double check you meet any entry requirements. While academic results are important, many institutions now offer multiple alternative pathways, including portfolio assessment, bridging courses, or foundation programmes. Understanding all your options and being prepared could increase your chances of receiving an offer.

Applications and preferences

The application process varies depending on which university you've picked and the country you're in. So check directly with the university to make sure you meet all the entry requirements *before* you start your application.

When listing course preferences, maximise your options by filling every available slot. You can always decline offers, but limited preferences restrict your choices from the start. Even if you're 110% certain that there is only one course you want to pick, find a few similar courses and list them just in case.

List your top choice first, followed by your second preference, then include other courses you'd consider, finishing with several lower-requirement options as backup plans. This strategy ensures you have options regardless of your final grades or assessment outcomes. Remember, you're not committing to anything at this stage—you're simply keeping doors open.

Watch this short video for tips on choosing your preferences.

The waiting period

After submitting applications, you'll need to be patient and wait for your offer. Try and resist the urge to constantly revisit your choices. Instead, focus your energy and use this time productively by getting your assessments done on time and studying for exams.

If you have some spare time, research your preferred courses more deeply, explore career prospects, or start working on your uni-ready skills. Don't stress if you decide to change your preferences during the waiting period—most systems allow changes before final deadlines.

Accepting offers and enrolling
Once your exams are done and results are published, it's time for the offers to arrive. You'll typically receive one offer per application round for the highest preference you qualify for. If your first choice requires higher grades than you achieved, you might receive an offer for your second or third preference instead.
Carefully consider each offer against your original goals and current circumstances. If you're unsatisfied with the initial offer, many systems provide multiple offer rounds where additional places become available.
Once you decide to accept an offer, follow the enrolment process promptly. This typically involves confirming your acceptance, paying any required fees, and registering for orientation activities.

Alternative pathways to consider
University straight out of school isn't your only option. Many students defer their studies and take a gap year to work, travel, or develop specific skills instead. This break can provide valuable life experience and clarity about academic goals.
If you'd prefer to try a vocational course, apprenticeship, or traineeship, they can still lead to university study later as a mature student. These pathways often provide work experience and financial independence while keeping options open for the future.
Whatever path you choose, take time to reflect on your decision without rushing. Your educational journey is unique to you, and there's no universal timeline for success.

Find out more
Ready to explore your university options? You can discover more about study pathways and university preparation on our website here, or grab a copy of the updated Apply to Uni Guide.

Biomedicine or Science at the University of Melbourne?

Biomedicine students study core units until semester two of year two, when they then choose their major for their third year. Therefore, students cover content of most majors before selecting their major. The cohort is very competitive, and all students have a similar experience.

An important feature of the Bachelor of Biomedicine is the students themselves. The Biomedicine Student's Society (BSS), is one of the University's most active and inclusive student groups. *The strong cohort framework of the degree (remember, you do half of your subjects together) allows the BSS to provide academic and social programs tailored to the journey you share with your peers.*

The Bachelor of Biomedicine offers 16 majors across a range of biomedical disciplines, and if students are interested in entering the health professions, Biomedicine is an ideal choice.

The Bachelor of Biomedicine is ideal preparation for a career in medicine and professional health. Completing the Bachelor of Biomedicine has never been a compulsory or privileged path to the Doctor of Medicine (MD), but it is a good strategy, providing students with a firm foundation in biomedical sciences.

Browse Bachelor of Biomedicine to learn more.

Science students have a far more flexible structure to their degree and do not have the structured core subjects the biomedicine students do. The Bachelor of Science is ideal for students who know exactly what they want to study. In fact, science students could pick their

major—from over 40 on offer, across all areas of science, biomedicine, mathematics, engineering, and IT.—and not actually learn anything about the other majors.

Science students also get to choose from hundreds of breadth subjects (non-science) on offer. *Some students use breadth to explore a passion or interest—for example music or history. Others will improve their career prospects by studying a language or law, communication or business skills*. Students might like to find out more by browsing Breadth subjects in the Bachelor of Science.

Student experience opportunities include—

- Completing an **internship** in a workplace for course credit
- Learning from an industry professional in our **mentoring program**

Browse Bachelor of Science to learn more.

Study Tips

Master your reading with the SQ3R technique

Reading through endless textbook chapters can feel like trying to drink from a fire hose—overwhelming and ineffective. If you've ever found yourself reaching the end of a chapter with no memory of what you've just read, you're not alone. The SQ3R study technique gives you a roadmap for your reading, transforming passive page-turning into active, purposeful learning that actually sticks.

This proven method has been helping students tackle complex texts for decades, turning overwhelming reading assignments into manageable, productive study sessions. In this blog, we'll explain how it works and how to use it.

What is the SQ3R technique?

SQ3R stands for Survey, Question, Read, Recite, and Review—five steps that you take when approaching any reading tasks. Think of it as a conversation with your textbook rather than a one-way lecture. Instead of simply absorbing information, you're actively engaging with the material, asking questions, and making connections.

When should you use SQ3R?

The SQ3R method shines when you're dealing with large reading assignments that require a deep level of understanding and long-term retention. It's also perfect for preparing for exams, writing research papers, or learning new course material.

It's particularly helpful when tackling new or challenging subjects where you need to quickly build a solid foundation of knowledge. If you're just doing some light reading or looking for specific information, then the skim and scan method might be more appropriate.

Breaking down the five steps

So what are each of the five steps in the SQ3R method? Let's take a look.

Survey: Getting the lay of the land
Like planning a trip, you want to know where you're heading and what landmarks to expect along the way. Begin by taking 5-10 minutes to survey the material instead of immediately diving into the details.
Look at headings, subheadings, charts, graphs, and any highlighted or bold text. Read the introduction and conclusion if they're available. For example, if you're studying a chapter on the nervous system in biology, you might notice sections on neurons, the brain, and reflexes, giving you an idea of what's to come.

Question: Turn headings into questions
Take each heading and subheading and form them into questions. This can help to prime your brain to look for specific answers as you read.
For example, if a heading says *Causes of World War I*, turn it into *What were the main causes of World War I?* This simple shift from passive to active reading can dramatically improve your comprehension and retention.
These questions also become goals for your reading session—instead of wandering through text hoping something important will jump out, you can start hunting for specific answers.

Read: Search purposefully for answers
Now start reading the material in earnest, keeping your questions handy. Take your time and focus on understanding rather than speed—you may need to adjust your reading pace based on the complexity of the material. Once you find an answer to your questions, note it down.
If you're reading about photosynthesis, for example, and your question was *How does photosynthesis work?*, you'd pay particular attention to the step-by-step process, the role of chlorophyll, and the inputs and outputs of the reaction.

Recite: Test your understanding
After reading each section, close your book and try to answer your questions from memory. This is where the real learning happens—if you can explain the concept in your own words without looking at the text, then you've truly understood it.
For example, after reading about the water cycle, you should be able to explain evaporation, condensation, and precipitation without peeking at your notes. If you struggle to recall key points, that's valuable feedback telling you which areas need more attention.

Review: Reinforce and connect
Within the next 24 hours, make some time to review your questions and answers. This step is important for cementing the information in your long-term memory and helps you to see connections between different concepts.
And remember, regular review sessions spaced over time are usually far more effective than cramming before an exam.
During the review phase, you might start making broader connections too. You might notice how the water cycle connects to weather patterns, climate change, or ecosystem health.

Making SQ3R work for you
Remember that SQ3R is a technique, not a rigid rule. You might find that some sections require more questioning, while others need deeper reading. The aim is staying engaged with the material and actively seeking understanding rather than just scanning text that's meaningless once you've shut the book.
You might find it helpful to keep a notebook specifically for their SQ3R questions and answers, creating a personalised study guide that grows with each reading session. Or, if you prefer, find digital tools for your notes or use voice recordings for the recite step.

One of the biggest benefits of the SQ3R method is its flexibility—you can adapt it to different subjects and learning styles while maintaining the core principle of active, purposeful reading.

Find out more
Looking for more study strategies to complement your SQ3R technique? You can find plenty of additional study tips and techniques on our website.

Job Spotlight

How to become a Social Worker

Social workers connect vulnerable individuals, families, and communities with appropriate support services in times of crisis. They can specialise in a wide range of areas, providing counselling and practical support, and advocating on behalf of clients who are experiencing discrimination.
If you're passionate and empathetic and would like to help others, or if you're interested in breaking down barriers that contribute to inequality, then social work could be a rewarding career to consider.

What skills do I need as a social worker?

- Empathy and emotional maturity
- Great interpersonal skills
- Ability to work independently or in teams
- Adaptability and problem-solving
- Time management
- Leadership skills
- Patience and resilience
- Ability to be objective

What does the job involve?

- Assessing clients' needs and finding appropriate support services
- Writing letters of referral or reports for clients
- Helping community groups plan and carry out programs
- Monitoring the progress of clients
- Advocating for clients who face barriers
- Developing and refining support programs
- Keeping thorough case records and reports
- Lobbying to change social welfare policies and procedures

What industries do social workers typically work in?

- Health Care and Social Assistance
- Public Administration and Safety

What Career Cluster do social workers belong to?
Because their primary role involves liaising with clients and connecting them with important services, social workers usually belong to the Linker Cluster.

What kind of lifestyle can I expect?
Most social workers are employed full-time, but there are some part-time opportunities available. You will be doing work in a variety of environments, including private clinics, community facilities, hospitals, and home visits. Some reporting and assessment work can be done remotely, but many clients prefer face-to-face interactions.

Most social workers can expect to earn an average salary throughout their careers.
The work can sometimes be stressful as you'll be dealing with vulnerable people in crisis situations, so you'll need a high level of resilience.

How to become a social worker
To become a qualified social worker, you'll typically need to complete an accredited undergraduate degree in social work. This usually takes 3 to 4 years of full-time study and involves a combination of classroom and practical work.
After graduation, you'll need to register with your country's professional social work body to practise. Many social workers also pursue postgraduate qualifications to specialise in a specific area, such as mental health, child protection, or community development.
You'll also need to undertake continuing professional development throughout your career to maintain your registration and stay current with best practices.

What can I do right now to work towards this career?
If you're in high school and you'd like to find out if becoming a social worker is right for you, here are a few things you could do right now:

- Get out in your community and volunteer—it doesn't necessarily need to be in social services. This is a great way to build important future skills.
- Seek work experience with social service agencies, hospitals, or community centres.
- Talk to a social worker and ask what a day in their life is like. If you don't know anyone, watch videos or documentaries about a career in social services.

Where can I find out more?

- Australian Association of Social Workers
- Kāhui Whakamana Tauwhiro | Social Workers Registration Board NZ
- Social Work England
- CORU (Ireland)
- National Association of Social Workers (US)
- Canadian Association of Social Workers

Similar careers to social worker

- Aged Care Worker
- Youth Worker
- Registered Nurse
- Disability Support Worker
- Doctor
- Psychologist
- Paramedic
- Counsellor

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