The Careers Newsletter is a fortnightly electronic publication that will be emailed to students and parents. It can also be accessed via the MECS website in the Careers section (found under Resources).

The Careers Newsletter is a compilation of information/promotional material received over the previous two weeks regarding career development as well as a regular listing of Open Days and general school announcements relating to Careers. Generally, information is selected for the newsletter that may have particular relevance to our students at MECS (such as courses/activities that are within Melbourne and surrounding suburbs).

I trust you find this helpful and a spring board for discussions at home.

I look forward to assisting our MECS students in their career development and planning throughout 2014. Please don’t hesitate to contact me if you have any questions or concerns or would like to know more about any of the information provided here and in future publications.

In His service,

Amelia Koole
Careers Coordinator
VET Coordinator
akoole@meics.vic.edu.au
97386068 – direct line
Open Days/ Events for February and March


“At Monash” Seminar Series:

All seminars are from 6.30pm – 8pm. Bookings are essential. For more information and to register, go to monash.edu.seminars

Tuesday 4 March (Peninsula Campus): Business and Economics

Thursday 6 March (Peninsula Campus): Nursing, Midwifery and Emergency Health

Wednesday 12 March (Clayton Campus): Business and Economics

Thursday 13 March (Clayton Campus): Science

Tuesday 18 March (Peninsula Campus): Physiotherapy and Occupational Therapy

Wednesday 19 March (Caulfield Campus): Information Technology

Thursday 20 March (Parkville Campus): Pharmacy and Pharmaceutical Sciences

Tuesday 25 March (Caulfield Campus): Arts (Humanities and Social Sciences)

Wednesday 26 March (Caulfield Campus): Design and Fine Art

Thursday 27 March (Peninsula Campus): Teaching, Sport and Outdoor Recreation.
Interested in doing work experience at the Herald Sun?

This is a link to a news article with details about applications for 2014. Applications have now closed however those interested might want to enquire about getting further notifications for 2015 applications.


Some Study Tips

It can be hard for some people to create a peaceful and motivating learning environment at home. People are surrounded by so many things that distract them; TV, games, music, food, house chores, family members and so on.

Therefore, creating a good learning environment with set rules is important. This will encourage you to have a good focus and study effectively.
A lot of people have bad habits which stop them from studying and this article will list a couple of tips on how you can avoid them.

1. **Motivation to study- Prepare your study space**

   Having a good posture and feeling comfortable is one of the major tips. Wearing something comfortable and sitting on a chair at a desk or table helps with concentration.

   Stock up on your stationary - pens, pencils, note pads etc., and have a bottle of water on your side. This will prevent you moving away from your desk for every small excuse.

   A bad habit would be getting too comfortable and trying to study on the sofa, or lying on the bed where the majority of people feel sleepy and lose focus.

2. **Remove your distractions**

   Try to create an effective learning atmosphere by minimising distractions. Go to a quiet area of the house. You may also want to close your study room door. All devices need to be switched off, phones (away from social media), TV, game consoles and so on.

   Having a sign on your door with ‘Do not Disturb’ may be helpful to inform your family and friends that you are studying.

   It does help some people to focus by listening to music, but not everyone can do it. If you like to listen to music while studying, make sure it is not too loud and energetic.

3. **Set study goals and reward yourself on completing them**

   Goals need to achievable. If you set a target on how much you need to get done within a time frame, this will help you reach your goal. Being unrealistic will make you lose focus and be ineffective.

   Once you’ve achieved your goal, reward yourself (but keeping in mind of not overdoing it). Go for a quick walk, a small break, or nice and quick chat to a friend.

Author: Chaya Gopee, Source: Career Life College
Considering an ICT career?

Are interested in Games Development, Multimedia or ICT Development? If you want to know more about Work Experience and the IT Challenge Competition, this event is for you.

“First Strike”

Date: Saturday 22 to Sunday 23 February, 2014

Time: 11am -6pm each day

Venue: Level 1, Building H, Monash University, Caulfield Campus, 900 Dandenong Rd, Caulfield East, 3145

Cost: Gold coin entry on each day. All money raised donated to TLC for kids.

For more info go to it.monash.edu/cgbc
Monash University News:

“We have a dedicated site for parents who would like to help their children in the transition from school to university: monash.edu.au/study/options/parents/

This website helps to provide a good idea of what students are going through, from choosing the right course to adjusting to university life.

We have also translated the popular ‘Monash Parent Guide’ into seven different languages- from Arabic, to Chinese to Tamil.”
This is a copy of an email campaign that was recently sent to school leavers who may be considering a future in construction.

Interested students should visit the campaign web page: 
Bricklaying Apprentices are in Demand  Or for more information, please call 1300 30 44 77.

Information about the UMAT 2014
If you are thinking of applying for the following courses in 2015 at the following Universities, you will need to sit a separate externally assessed test call the UMAT this year.

- **Medicine** (University Adelaide, Bond Uni, **Monash Uni**, Flinders, Uni of NSW, Uni of Queensland, Uni of Tasmania, Uni of WA, Uni of Western Sydney, The University of NZ, University of Otago, NZ)
- **Dentistry** (**La Trobe**, Uni of Queensland, Uni of WA, Uni of Otago, Uni of Adelaide)
- **Oral Health Science** (**La Trobe**)
- **Clinical Sciences** (Charles Darwin, Flinders Uni)
- **Vision Sciences** (Flinders Uni)
- **Optometry** (The University of NSW)
- **Medical Laboratory Science** (University of Otago, NZ)
- **Joint Medical Program** (The University of NSW/the University of New England)

You will need to register for this before the 6 June 2014 and the test takes place on 30 July 2014.

Registrations and Additional information is found online at [http://umat.acer.edu.au](http://umat.acer.edu.au)

Disclaimer:
The information in this publication was correct at the time of printing. As details may change, you are encouraged to visit the websites cited or contact the course/activity provider directly to obtain the latest information.