



Term 1

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Where are they now? Old Scholar Mariana Rego



Year finished at SHC
2006

What subjects did you study in Year 12?

Chemistry, Biology, Maths Studies and Legal Studies. I studied year 12 Tourism in year 11 to have more time in year 12 for my other subjects. Shout out to Mr Beal and Shane – my favourite teachers!

You speak Portuguese do you have any other languages?

No, I studied Italian until year 11, which allows me to bumble my way through when travelling there but definitely not competent.

Did you do Chemical or Pharmaceutical Engineering as your undergraduate degree?

I studied Pharmaceutical Engineering, hoping it would have more of a medical component. The first two years were exactly the same as Chem Eng but then became more specialised. There were almost no jobs for any of the graduates, something I hadn't considered before starting the degree. I'd encourage people to think more about the end job/career rather than the actual degree when choosing a uni course.

What made you decide to go back to study Med?

I tried to get into undergraduate medicine straight from year 12 but failed the interview. I was obviously very disappointed but took a GAP year and travelled, which was the greatest decision I've ever made in my life. I knew in about second year of engineering that I definitely never wanted to work as an engineer (even though I was enjoying the course) so I decided to stick with it (rather than transferring to something else) and aim for post graduate medicine. I wanted to do medicine all along really, ever since science with Mr Beal in year 10!



What was the GAMSAT like? (The entry test for post graduate medicine)

The GAMSAT is a bit of a nightmare – a six hour exam (you get a lunch break) that cost me about \$400 and required a fair bit of study. It is 50% science (biology, chemistry and physics – all at about first year university level) and 50% literature comprehension and essay writing. It was quite reasonable to be honest. I did a prep course, which I would highly recommend.

Any academic achievements throughout your uni years (don't be modest!!)

- Dux of Flinders Medical School 2015
- MIGA Elective Grant Recipient - \$3,500 to put towards a scabies treatment project I proposed for a clinic in East Timor
- Graduated with first class honours in engineering

Have you been able to combine travel with your study, if so what was it OR where have you travelled O/S?

Absolutely. I did a six month exchange when studying engineering to Leeds in the UK that allowed me to travel all over Europe when I wasn't studying. I went on three separate trips to Asia during a few of my summer breaks (Sri Lanka, Vietnam, and Thailand/Indonesia). In the final year of Flinders Medicine you get to do two six week electives, which you can do anywhere in the world. I went to East Timor and Holland, plus I spent five weeks holidaying in Cambodia, Portugal and Italy in between electives. This was all funded by working part time throughout both degrees plus receiving Centrelink and a loan in my final year of med. 100% worth it.

Any advice for current students?

Sure!

1. Take your time deciding what you want to do, and actually what you want to do as a job. Don't just study something because it has a high ATAR, or you think the course sounds good. Do some research into what career prospects there are with a particular degree.
2. Don't be disheartened if you don't get into a course first time. If you really want to do something, you can do it, it might just take a couple of extra years while you do what is required to get you in. And what's the rush? Uni life is pretty sweet.
3. Travel as much as you possibly can. That's the best advice I've ever received.

Currently Mariana is working at Modbury Hospital in the Emergency Department. Then for the rest of the year Mariana will be at the Lyell McEwin Hospital working in Cardiology, Orthopaedics, Gynaecology and nights. Job title = intern. *"You're kind of like a doctor on your p plates."*

Work Experience for 2016



BEFORE CONSIDERING WORK EXPERIENCE PLEASE BE AWARE OF THE FOLLOWING:

It is a legal requirement that prior to commencing work experience students are inducted in the following areas: Work Health & Safety Act 2012, Equal Opportunity and the Children's Protection Act 1993.

Adequate time (approximately 3-4 hours) should be allocated to cover these topics effectively and students need to demonstrate their understanding. This induction is done by the school.

In addition to this, the work experience form must be signed by the student, parent/guardian, work experience supervisor (all arranged by the student) and finally the principal (arranged by the school). The **original** (copies or faxes are unacceptable) work experience agreement form then becomes a legal contract which sets the school insurance cover in place and must be retained by the school for a number of years.

The school must also provide a contact person who is responsible for each student for the duration of their placement.



Work experience is a very valuable experience for most students however; it does take time to ensure that the above expectations are met. We are happy to accommodate students in the times allocated, please do not cause yourself or the school embarrassment by making other arrangements and then asking for exceptions to be made.

Students who wish to do work experience during 2016 are advised that the dates are:

11th - 15th July
25th - 29th July for interested Year 10 and 11 students only
Deadline for paperwork 6th June

10th - 14th October
Deadline for paperwork 5th September

5th - 9th December
Deadline for paperwork 7th November

Work or job trials are not sanctioned by SA work experience guidelines.

Please note this is general work experience only. Students undertaking a Vet program will need to organise their Vet work placement with the Vet Office.



International College of Hotel Management Career Weeks

Monday 11th July – Friday 15th July
 Monday 26th September – Friday 30th September

These immersive career weeks will provide insights into studying and working in the business and hospitality industries. Applications are now open.

<http://www.ichm.edu.au/about/careers/career-weeks>



AIE Online Experience Day

Thursday 26th May, 6.00pm – 9:30pm AEST

Find out everything you need to know about studying at AIE, including course and career options, by attending this online information session.

<http://www.aie.edu.au/oed>

AIE Open Day

Saturday 21st May, 10.00am – 3.00pm

<http://www.aie.edu.au/openday>



Endeavour College of Natural Health Webinars

Discover more information about studying Natural Health at Endeavour College by tuning in to one of these webinars (all times are in AEST):

- Complementary Medicine at Endeavour: Monday 7th March, 5.00pm
- What you need to know about studying at Endeavour: Thursday 10th March, 11.00am, 3.00pm & 7.00pm
- What is Complementary Medicine: Monday 21st March, 5.00pm
- Complementary Medicine at Endeavour: Monday 4th April, 6.00pm

<http://www.endeavour.edu.au/events/>



SAE Open Night

Adelaide: Wednesday 4th May, 6.00pm – 8.00pm

Find out about studying audio at SAE by chatting to staff and students about the course and career options and touring the campus.

<https://sae.edu.au/news-and-events/events/adelaide-campus-open-night-25-nov-2015/?date=2016-05-04&id=612>

UMAT 2016

UMAT is a test that is used specifically to assist with the selection of students into the medicine, dentistry and health science degree programs at undergraduate level at the universities listed on the website.

Registrations for UMAT 2016 are now open and close 5:00pm (AEST) 3rd June, 2016.

The test takes place nationally on the 27th July, 2016.

<http://umat.acer.edu.au/>



Tertiary Studies and Careers Expo

Sunday 10th April, 10am – 4pm and Monday 11th April, 9:30am – 1:30pm at the Adelaide Convention Centre

TSCEA is an event to find out about tertiary study, training and career options.

Entry to this event is free.

<http://www.careersevent.com/tscea/>



Careers and Employment Expo

20th & 21st May at the Adelaide Showground

Find out information from a huge variety of education and training providers, employers, and employment services.

<http://careersemploymentexpo.com.au/>



Unimelb: Interstate Information Day

Monday 11th April, 9am – 4:30pm

This information day is for interstate students and their families who are considering studying at the University of Melbourne.

Contact: Lois Carlton – lcarlton@unimelb.edu.au or 03 8344 8809

http://futurestudents.unimelb.edu.au/explore/events/victoria_and_interstate/victoria/interstate_student_and_family_information_day_2016



AFS Intercultural Program Scholarship

There are numerous scholarships open to Australian students. These are selected on the basis of cultural awareness, community involvement and consistent academic achievement.

<http://www.afs.org.au/scholarships/public-scholarships/>



ADFA Education Award

The Australian Defence Force Academy (ADFA) Education Award is presented annually to Year 12 students in recognition of leadership potential, and academic and sporting achievements exhibited during Year 11. You need to submit an application prior to 28 February in the year you undertake Year 12.

However, you are encouraged to apply in Year 11. Applications open for this year's Year 11 students on 1st May.

<http://www.defencejobs.gov.au/education/adfa/howToApply/educationAward.aspx>



ADFA Applying to the Australian Defence Force Academy

It is advised that students wishing to study at ADFA apply in year 11 as it is a competitive selection process which may take up to 12 months to complete.

Gaining entry to ADFA is a dual process which requires students to apply directly to the Australian Defence Force while also applying concurrently to UNSW ADFA through UAC.

An offer to study at ADFA is conditional to meeting the academic requirements of UNSW as well as the mental and physical requirements of the Australian Defence Force.

<http://www.defencejobs.gov.au/education/adfa/howToApply/admissionProcess.aspx>

UN youth UN Youth SA Conference australia 8th – 10th April Registrations open 8th February

This event is for students in years 10 – 12 to meet like-minded people, discuss issues, take part in workshops and hear from guest speakers, as well as lots of social activities. The topic for this year's conference is *Standing Up For Gender Equality: Empowerment, Inclusion & Expression*.

<https://unyouth.org.au/event/sa-conference/>

National Youth Science Forum National Youth Science Forum 2017

The National Youth Science Forum (NYSF) is a 12-day residential program for students entering year 12 who are passionate about science, technology, engineering and maths.

2017 Session Dates

- Session A Canberra
Monday 2 – Saturday 14 January 2017
- Session C Canberra
Monday 16 – Saturday 28 January 2017

Expressions of interest open 1 March 2016.

<http://www.nysf.edu.au/>

Careers in Maths

Visit the Australian Mathematical Sciences Institute's website to view a range of career profiles from apprentice chefs to electricians to nurses where mathematics is a necessary part of their everyday jobs.

<http://www.mathscareers.org.au/>



Discover your Career Discover Your Career

An online career resource developed by the National Tourism Alliance with the support of the Federal Government to promote tourism and hospitality career pathways.

<http://www.discoveryourcareer.com.au/>



Lawstuff

This website provides legal information, specifically targeted at children and young people. Some of the main topics covered include bullying, school stuff, health, the law, at home and on the job.

There is also a further Lawmail service for those under 18 years of age.

http://www.lawstuff.org.au/sa_law/topics/



Myfuture

This website provides information on careers and courses. There are options to read case studies for different careers, browse companies, build a career profile based on interests and skills and information on various industries. Free to register.

<http://myfuture.edu.au/>

Job Guide Website Offline

The Job Guide Website was permanently taken offline last week. Fortunately, all information and data can still be accessed on The Good Universities Guide website:

<http://www.gooduniversitiesguide.com.au/career/search>

AusAppPathways Mobile App

Australian Apprenticeship Pathways now have a free mobile app available on Apple and Android operating systems.

<http://www.ausapp.com.au>

INTERVIEW



Skills Road: Job Interviews 101 Checklist

This resource provides tips on job interviews and helpful ways to prepare.

http://www.skillsroad.com.au/news-events/news/all-news/november-2014/job-interviews-101#.VNrHg_mUeW4

Think Education Surviving Year 12 eBook

Think Education have produced a free eBook with tips on how to master your final year of school.

<http://beyou.think.edu.au/surviving-year-12>



Class Clowns Competition

The Class Clowns is a comedy competition for high school students.

Each heat consists of a workshop followed by a performance.

<http://www.comedyfestival.com.au/2016/classclowns/>

The difference between a Traineeship and an Apprenticeship

This Victorian Government website explains the fundamental differences between traineeships and apprenticeships.

<http://www.education.vic.gov.au/training/learners/apprentices/pages/difference.aspx>



The Kids Are All Right Website

This website publishes helpful and informative articles to help parents deal with prominent issues affecting the wellbeing of teenagers. Issues that are addressed include physical and mental health, relationships, drugs and alcohol.

<http://www.thekidsareallright.com.au/>



Go Overseas

Go Overseas is a website that allows you to find and compare overseas programs. Every organisation and program has been reviewed by students who have participated in that program. There are also over 300 articles on travel available as well as customised country guides.

<http://www.gooverseas.com/>



Projects Abroad High School Projects Webinar

Tuesday 5th April, 6:30pm (AEST) @ Online

Hosted by the Projects Abroad team in Adelaide and broadcasted over the internet, this webinar will provide an overview of Projects Abroad and information on all upcoming programs. Participants will be able to ask questions throughout the 45-minute presentation.

<http://www.projects-abroad.com.au/more-info/information-events/webinars/high-school-projects/>

Disclaimer: Statements on careers and courses included in this newsletter are not necessarily those of SHCS.
ie: The text of notices on courses and industry prospects may be taken directly from their correspondence/publicity material.
