

# Waverley College

The Latest Careers News for March 29, 2020



## Further Learning

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### [Coronavirus and the UCAT](#)

Are you thinking of studying medicine in 2021? You may be wondering if your ability to sit the UCAT test may be affected.

UCAT has released some information about the impact the coronavirus may have on testing. At this stage they advise all students to continue with their preparations for the test as normal, and they are still taking bookings.

If you need to sit the UCAT, you will need to book by Monday 11 May.

Find out more here: <https://www.ucat.edu.au/ucat-anz/registration-booking/covid-19/>

### [Tuckwell Scholarship - Deadline Extended](#)

Due to the coronavirus, ANU has decided to extend the due date for applications to their prestigious Tuckwell Scholarship Program.

You now have until **Monday 25 May** to apply.

Find out more here: <https://studyworkgrow.com.au/scholarship/tuckwell-scholarship/>

# Resources

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## [7 ways to set yourself up for online learning](#)

With schooling potentially moving to online or remote learning, your school is probably providing amazing communication about what is expected to happen and what you'll need.

Here's our take on how you can get ready for some distance learning.

### 1. **Create a study space**

You're going to need a space in the house where you can really knuckle down, focus and get your work done.

So, consider the things you're going to need:

- Located in a quiet area that'll allow you to concentrate on your tasks, (whether it's in your room or another area in the house)
- Desk
- Comfortable chair
- Learning device (you'll also need access to power points and internet connection). If you don't have a device or internet access at home, contact your school, they will most likely have a plan in place to help students in your position too.
- Good lighting, natural if possible. Natural light is more stimulating and better for your mental health than artificial light, but if it's not an option in your space just do the best you can.
- Remove distractions or face your desk away from them – classroom studies have shown that minimising things on the walls, removing temptation from view (so hide your phone or novel that's hard to put down) can help students stay focused.

### 2. **Desk tips**

Having a great study space all set up won't be any use if you can never get to your desk because it's covered in or surrounded by clutter and you never use it, so here's our ideas for organising your workspace.

- Make it comfortable – not so comfortable you'd like to curl up and go to sleep, but you don't want neck strain or sore wrists creating new challenges.

Using a makeshift desk for now? You could put books under the legs to raise it up or put your monitor up on a step if it makes it easier to use.

The best desk height should allow your forearms to rest on the desk at a 90-degree angle and allow you to keep your back straight (a rough guide is that it's between your waist and ribcage when you're sitting down).

Position your screen more than 30cm from your face to avoid eye strain.

- Have a stationery holder to contain all your pens, highlighters etc. Don't have one? That's OK, improvise using a mug, glass, or Tupperware container.

- Only keep study materials on your desk – so leave your games, phone, book, laundry etc somewhere else.
- If your desk doesn't have draws, find a box to slide underneath or that fits down beside it, store your textbooks and materials in it to help you keep your desk top clear of mess and help you stay focused. Don't think you have anything suitable? Ask if you can use a spare laundry basket or get creative.
- As mentioned before, lighting is really important. Natural light is best, otherwise a good overhead light and using a desk lamp to throw some light on your work are great alternatives. Good lighting could reduce the likelihood of headaches and eye strain and could help you to stay focused and more energised.

### 3. **Stick to a routine**

Although you might not be at school, it could really help you stay on track if you stick to a week-day routine and establish a study schedule that'll keep you on track.

Here's an example of what your daily routine could look like – insert your own times and customise it to suit your routine.

- Set your alarm & get up when you usually would
- Get showered, dressed, eat breakfast – stick to your usual routine
- Maybe take some time to get some exercise
- Check your Check eDiary, school email and Online Learning Platforms each morning and afternoon (Monday to Friday) for updates, communication, information on courses, resources and assessment
- Start work
- Include break time's and lunch times in your schedule
- Set an end time to finish your learning
- Help with cooking dinner, cleaning up around home, or have a bit of free time
- Eat dinner with the whole family if possible, discuss your day and decide what you'll be doing tomorrow
- Spend a little time doing "home-work" – finish up assignments, reading or note taking from your day.
- Relax and wind down – you could watch TV, read a book, listen to music, catch up with friends and family, exercise or try some relaxation techniques e.g. meditation, yoga.
- Remember to go to bed at a reasonable time, so you can get plenty of sleep and get back to home learning the next day.

### 4. **Scheduling your work**

Your school and teachers will be working hard to put together an online learning plan for you. Each school's will most likely look a little different, but if you haven't got one or you haven't been given specific instructions; here's how you could put together a schedule that'll suit you.

At the start of each week:

- Check what material you've been sent from school
- Break down the information you've been given for the day or week by making a note / document / spreadsheet to keep track of what you need to do
- Insert any online lessons or meetings with your teacher that have been scheduled (you might like to pop these in your calendar or set reminders for these too)
- Go through each subject separately and:
- Highlight the learning intentions for the week (what are the expectations or study goals)
- Jot down any links and resources you'll need
- Plan the time you think you'll need to complete each task (think how long your lessons usually are and add a bit more on)
- Put deadlines for assessment and other submissions into your calendar or reminders too and make sure you get work sent off in time
- If you're not given a daily or weekly schedule, you get to decide which tasks you'd like to tick off first and which order you'd like to work on everything else

- Stick to your study schedule every weekday. Leave your evenings and weekends for vegging out and having sleep-ins etc.

Taking the time to create a work schedule that'll help you to achieve all of your study goals might take a little time in itself the first few times, that's OK, you'll get faster at doing it each time.

Creating a schedule and saving it could also help you keep track of what you've been doing so you can accurately report back to your school.

## 5. Take regular timed breaks

Just like when you're at school, scheduling in regular breaks to your study routine is important.

Taking breaks could help you stay focused over longer periods of time, help you retain information better, maintain performance, reduce stress, and keep on track.

Time your breaks, otherwise it's easy to get side-tracked and distracted.

Use your break times to get your drinks and snacks, have a bit of exercise or fresh air, use the bathroom if you have to. Catch up on social media, check in with friends and family to see how they're going.

Don't be tempted to skip breaks, extend breaks. You could surprise yourself with what you've achieved at the end of each day.

## 6. Keep notes organised

Having a dedicated workspace or study zone and keeping your desk tidy could help you keep track of all your notes.

You could:

- put all your notes for one subject in a separate folder
- clip them together, or
- use post-its mark-up sections of a note pad for each subject

If you're making notes on your computer, you could:

- create a separate folder for each subject
- remember to give each set of notes a different title, that could just be the date
- insert relevant links to online resources

Adding the date to any notes you write or create could help you organise them and track them down when you need them later on.

However, you choose to make and keep your notes, having a plan in mind to organise them *before* you start, could save you time and stress down the track.

## 7. Email or ask if you need help

Being away from your school or cohort doesn't mean you have to struggle.

Your teacher and school will provide contact details for them, so use them. They won't be angry or annoyed to hear from you, they'll want to help you out.

If you can't reach anybody, ask your parents or friends, try googling online and working it out for yourself. Failing that – put aside your task, move on to the next one and come back to the bit you're stuck on later.

## **Just do your best**

Everyone is learning how to adapt at the moment, things will get easier.

## **Spend Your Gap Year with the ADF**

Not sure what to do at the end of year 12 this year? Applications are now open to the Defence Force's Gap Year Program.

Spend a year experiencing life in the defence force in a variety of roles, including STEM, aviation, administration, and many more.

Best of all, you even earn a salary during your gap year. There is also the opportunity for travel, and meeting heaps of new people and forging lifelong friendships.

Find out more and apply here: <https://www.defencejobs.gov.au/students-and-education/gap-year>

## **Staying active at home**

Just because you've got to stay at home, doesn't mean you'll have to turn into a couch potato.

Staying active is great for your physical and mental health but it's also a fantastic way to pass some time. There are tonnes of work out routines already available online, with more being added by the day, as well as free live streaming classes and free trials of apps.

- Join Thor actor Chris Hemsworth and an assortment of others working out on his [Centr app](#), you can get full, free access for the next six weeks.
- Get fit with Outlander star Sam Heughan on [My Peak Challenge](#)
- Join in with one of the free [Planet Fitness](#) videos on YouTube
- Train with [Freeletics](#)
- Try the [spell your name workout](#)
- Do some [yoga with Adriene](#)
- Try a [Les Mills trial for FREE](#) and access some of their older workout series online
- Have a go at a [hip-hop tabata class from Popsugar](#)
- Do a PT session with [Sydney Cummings](#)
- How about a [10 minute abdominal workout from HASfit](#) or choose from one of their other videos
- Check out [Cosmopolitan's list of 11 gym studios offering free online workouts](#)
- Check out more FREE fitness videos available on this [list of 50](#)

If none of those appeal to you how about one of these ideas:

Hold a dance off challenge for members or your family, or get online and do it with your mates

Practise your ball skills in the backyard.

Do some skipping to get your heart rate up – no skipping rope? See what you could use from around the house or your dad's shed as a substitute.

Shoot some hoops.

Lucky enough to have a pool, do some laps and get competitive with yourself, see how many you can do in a set time.

Get out the backyard cricket set and get your whole family playing.

Set up exercise stations in your backyard, on the driveway or in a room in your house then do circuits, time yourself and see how many exercises you can do at each station. How many push-ups, sit-ups, jumping jacks, jump-rope turns, burpees, and step-ups can you do in 45 seconds? How about a minute? Keep track of how well you do and see how you improve over time.

Mow the lawn for your parents.

Get on [GoNoodle](#) and perfect some of the routines

### **5 ideas for STEM activities you can do from home**

Careers with STEM have put together a list of activities including:

Maths games.

STEM themed social accounts from Tik Tok accounts to YouTube channels you can follow.

Online learn to code tools.

Working on an entry for the [2020 UNSW Bragg Student Prize for Science Writing](#).

And spending some time at the school of Google.

You can read the full article [here](#)

## [Get maths help on Wootube](#)

Watch videos of Eddie Woo's regular classroom lessons on his YouTube channel [Wootube](#).

The video's aren't all that flash as they're filmed by Eddie using his mobile phone – but if you're needing some help with your maths, they're definitely worth checking out.

The ABC wrote an article about how the channel came to be and how it's been helping hundreds of thousands of students. If you're parents aren't convinced it's a valid way to spend some time while you're at home, you could get them to read [this](#).

## Job Spotlight

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### [How to become a Dietitian](#)

## What do Dietitians do?

Dietitians are healthcare professionals who are qualified in dietetics. They understand how bodies and nutrition work together to provide maximum nourishment and benefit to our bodies. Licensed to assess and diagnose nutritional problems, then treat patients by adjusting their diets and eating habits.

If you're great with people, have a healthy lifestyle and outlook, combined with a desire to help others, a career in dietetics could be perfect for you.

### **About you:**

- Compassionate, good listener and excellent communicator
- Good with numbers to accurately calculate calories, body fat percentages, BMI etc
- Problem solver with a flexible approach and persuasive manner

### **The job:**

- Assess patient or client health and diet, diagnose nutritionally related problems
- Create customised diet plans and menus that cover all nutritional requirements, taking into account medical conditions and personal preferences
- Monitor food preparation, intake and their effects, charting patients progress
- Consult with other health professionals and related workers
- Educate and inform through policies, reports, face-to-face contact (e.g. meetings, workshops, public speaking)
- Keep up to date with current information, advice and practises

## Dietitian's salary (average) \$81,000 per year

(Source: au.indeed.com) variable, depending on where you work and your level of experience.

**Job growth in dietetics** is very strong (source: Joboutlook.gov.au)

This is a highly competitive field to enter, so it's recommended that you get lots of work experience and network within the industry to help secure some of the top spots.

## How to become a Dietitian in Australia

It can take as little as 4.5 years from leaving Year 12 to becoming a fully qualified dietitian depending on the pathway you choose.

**Step 1** – Study Mathematics, chemistry, biology, and health at school

**Step 2** – Complete your university qualifications in a dietetics related program –research and consider taking an [accredited](#) qualification e.g. [4-year Bachelor of Nutrition and Dietetics at Griffith](#), this pathway could make you eligible for entry level roles in the industry.

**Or**, complete a Bachelor's degree in a relevant area (3 or 4 years), then complete a Master's degree e.g. [2-year Masters of Dietetics at Monash](#) which could make you eligible for professional entry roles.

**Step 3** – Complete required work experience / internships (20 weeks) and clinical placements

**Step 4** – Apply for accreditation through the [Dietitians Association of Australia](#) (DAA)

You may also be required to obtain a National Police Check, First aid certificate, up to date immunisations and a Working with Children Check.

Find out more here –

<https://daa.asn.au/>

## Similar Careers to Dietitian

Clinical Dietitian (work in hospital settings with acute patients)

Management Dietitian (work in schools, hospitals, prisons, aged care facilities etc working to feed large groups of people on a budget)

Nutritionist

Dietetic Technician

Public Health Educators

Naturopath



Health & Welfare Services Manager

Health & Wellness Coach

Find out more about [alternative careers](#).

## Frequently Asked Questions (FAQ's)

- **What is the role of a dietitian?**

Typically they assess patient or clients nutritional and health needs. Inform them about nutrition issues and healthy eating habits. Develop meal and nutrition plans, taking preferences and budgets into account.

- **How long does it take to become a practising dietitian?**

To qualify for entry level positions in Australia it takes around 4 years from leaving high school (Year 12).

- **Where do dietitians work?**

Dietitians work in a variety of settings including hospitals, long-term care facilities, clinics, private practices, schools, prisons, community services and public health settings, sports, and within the food industry.

- **Do I need to go to university to become a dietitian?**

Yes, you'll need to complete a relevant degree, undertake work experience and apply for accreditation from the DAA.

- **What's the difference between a dietitian and a nutritionist?**

Although dietitians and nutritionists work in similar areas, nutritionists are not a regulated profession in Australia. Both are able to offer some services such as educating people about healthy eating and advising on menu plans and dietary requirements.

Dietitians can offer more advanced services such as individual dietary counselling, medical nutrition therapy, group dietary therapy and food service management. Dietitians are qualified to help manage conditions such as diabetes, heart disease, obesity, cancer, food allergies and intolerances.

