Samaritan COLLEGE

Careers News

Term 1

1 May 2025

Your choices create your future

Flinders University Assessment Centre

What is the Assessment Centre program?

Assessment Centre is an alternative admissions pathway to the ATAR that utilises a series of challenges and selection activities, developed in consultation with academic staff of the university, to evaluate a student's ability to succeed at university. Assessment Centre activities are fun and interactive to help students relax and benefit fully from the Assessment Centre methodology.

Who can participate?

This program has been designed for Year 11 students who will complete their SACE and, as a Flinders only pathway, should have a genuine interest in pursuing higher education at Flinders University.

Date

Date of the Flinders Assessment will be on **May 16 at the Whyalla Secondary College**. Mr Sheedy will have more details to provide to students soon.

Career Roadshow

The Career Roadshow events aim to connect local communities with employment, career and training opportunities, showcasing regional businesses, careers, higher education, training and employment options. Students will have the chance to explore careers and pathways, engage with interactive displays and activities, discover local job opportunities, and get expert training advice – all in one place! More details to come from Mr Sheedy.

Date: Thursday May 29 at Whyalla Recreation Centre, 10am- 2pm

SACE Appointments

If you or your son/daughter are wanting to meet with me to discuss all things SACE, VET, Careers and/or Work Experience, please feel free to make an appointment by contacting the College (8645 8568) or emailing sean.sheedy@samaritan.catholic.edu.au .

Skills for Work

Critical thinking – Why is it vital in the workplace?

Lots of careers list critical thinking as a core skill that's required to be successful. But what exactly is it, and how will you use it in your future career? In this blog, you'll find out if you are a critical thinker, see examples of why you might need this skill in the workplace, and get tips on how to develop your critical thinking skills.

What does critical thinking actually mean?

Essentially, it means you can:

- learn to recognise or develop an argument,
- use evidence to support your argument,
- draw reasoned conclusions, and
- put your knowledge to use by using that information to solve problems.

Why critical thinking in the workplace is important?

Employers want job candidates who can evaluate a situation using logical thought and offer the best solution. And if you have strong critical thinking skills, it's likely you can do these things.

Critical thinkers in the workplace are more likely to understand the meaning behind their role, which increases the chances of them engaging with the work. Plus, critical thinkers can reduce wastage and increase productivity by analysing processes and identifying areas for improvement, be trusted to make decisions independently, and won't need constant handholding.

Examples of jobs that require critical thinking

Wondering which careers you might need to flex your critical thinking skills in? There might be more than you think…

- Nurses working in emergency triage need to assess the cases waiting to be seen and decide who needs to be treated first.
- Plumbers need to evaluate what action needs to be taken, then decide on the best materials to do the job.
- Lawyers review evidence, refer to past rulings and laws, and come up with strategies to win a case or get the best outcome for their clients.
- When dealing with large quantities of goods and complex supply chains as a logistics manager, you'll need strong critical thinking skills.
- As an accountant, clients will appreciate your critical thinking skills when you help them save and use their money productively.
- Managers need review customer feedback and use it to make changes or improve on their services and/or products.
- Software developers need critical thinking to design complex but efficient code, making programs easier for people to use.
- Thinking of becoming a doctor? You'll need to use critical thinking skills to identify complex symptoms and ensure you're providing the best possible care.
- Safety is incredibly important, so being able to think critically and identify any problems is crucial for occupational health and safety officers.

How to develop your critical thinking skills

Whenever you find yourself in a situation where you need to use your critical thinking skills, here are some steps you can take to practise:

Pinpoint the issue

What exactly is the problem that needs solving or the question that needs answering? By getting to the root of the problem, you can develop better and more thorough solutions.

Collect information

Next, do some research and collect data. Be sure to include sources that challenge your own opinions, and ensure you only use information from reliable sources.

Evaluate

Think about whether you've approached this exercise with an open mind, a willingness to learn, and done enough research. Then, reject any dodgy information, then make sure everything that's left is actually relevant to the original issue.

Conclude and assess

Based on your work, create a couple of conclusions. Then assess each one for weaknesses and decide which one is the most sound.

Share your ideas

Communicating your findings to other people is the last – but most important – part of critical thinking. If you can't effectively share your thinking or solutions, then you may have wasted your time.

How else can you become a better critical thinker?

One of the best ways to build your critical thinking skills is to actually work on your other core skills. In fact, you'll probably hone your critical thinking skills without even knowing! Here are some critical thinking-related skills that can boost your employability even more:

- Observation – taking notice of what's going on around you could help you to see opportunities and problems, as well as come up with solutions.
- Analysis – this could help you to gather the right information, understand it, and draw useful information from it.
- Communication – building active listening, teamwork, and presentations skills will ensure that you can share information in the best way.
- Problem-solving – learn to identify problems, find solutions and then, importantly, assess whether the solution is working or not
- Objectivity – this skill will allow you to really 'see' the information in front of you, rather than working from assumptions or your own personal bias.

Stepping outside your comfort zone, being inclusive, and saying yes to a variety of opportunities are all other great ways to help you build your critical thinking skills.

Study Tips - 7 smart study tips for high school students

Navigating the demands of high school can be tricky, particularly when it comes to study. It can seem like a daunting task, especially if you don't have any study techniques to rely on yet, but don't fret - we're here with some smart study tips for high school students. Whether you're gearing up for exams, tackling a challenging subject, or simply looking to improve your study habits, you've come to the right place.

1. Be organised

You still need to study in the lead-up to an exam or test, but don't leave all of your studying until the last minute. Studies have proven that the best way to understand what you're learning and remember that information long-term is by spacing out your studies and revision.

So instead of leaving everything to the last minute and cramming, create a study schedule. Keep track of important dates and deadlines using a planner or calendar (physical or digital) so you know what you need to study and when. It's also a good idea to set some goals for yourself at the start of the year, term, or semester - having a clear objective in mind will help you stay focused and motivated, particularly for days when you don't really feel like studying.

2. Practise makes perfect

Okay, not necessarily perfect, but definitely better.

Say you wanted to learn how play the guitar. You might go onto YouTube and watch hundreds of tutorials or read a whole book about music theory. No matter how much preparation you do, the first time you pick up a guitar and play, it's probably not going to sound great. Realistically, you need to practise what you've learned lots of times before you're expected to get it right.

Why not treat your studies the same way? You could:

- Incorporate past practise tests into your study schedule
- Write your own flash cards with questions on one side and answers on the other
- Test yourself often, or have other people test you on the information
- Ask your teachers to write you some example or revision questions

3. Make it visual

Textbooks, notes, Word documents, hundreds of facts and figures to read... Sometimes they just make your eyes swim, and you lose concentration as well as understanding.

If you're finding it hard to read for long periods of time, you could try using diagrams, graphs, and other visual material as a basis for your revision instead. Then, if you need to, add notes or explanations to help you expand your learning. Make it as intricate or simple as you like; the important thing is finding a way to represent information that you can recognise at a glance. You could even have a go at sketchnoting (and if you're not artistically-inclined, don't worry - you don't have to be great at drawing for it to be effective).

4. Mix it up

When you're planning your study schedule, it's tempting to revise each subject in a block, move on to the next, and never look back.

But imagine you're learning to play tennis, and for the first four months all you do is learn forehand. Next you learn backhand. Then finally you're onto learning volleys. This style of learning is called "blocking". Sure, you'll eventually learn all the skills...but it can get kind of boring, and it's not reflective of what an actual tennis game involves.

This is where another learning technique called "interleaving" comes in. Studies have suggested interleaving can produce much better and longer-lasting benefits. It involves switching between related topics, training your brain to not only learn the information, but making connections between it all too. Not convinced? In one study, students were given homework sheets using either the blocking or interleaving methods. When they were tested one day later, the students trained with interleaving scored 25% better. When they were tested one month later, the interleaving advantage grew to a massive 76%.

Go over material you've learned at different times throughout the term, instead of revising once and leaving it behind until exam time. For example, each time you learn a new topic, put a reminder in your calendar or phone to go over the material again in 2, 4, and 6 weeks down the track.

5. Mistakes can help you learn

Everyone makes mistakes, especially when you're learning new things. But instead of letting it get you down, you can turn your mistakes into a learning tool. Understanding where you went wrong and how to make your answers right is a great way of focusing in on your problem areas.

Keep time in your study plan to go over material and check for mistakes. When you do homework or practice tests, ask your teacher for feedback - they can help you better understand exactly how to complete a specific task or give you ways to improve your responses.

6. Ask questions

Simply reciting long lists of facts and figures off by heart doesn't necessarily show deeper understanding of a topic, which is often what teachers want to see in your exams. But if you give those facts and figures some more context, it could make things easier to remember and improve your answers.

The simplest way of doing this is to just ask questions. Ask your friends what they know about the topic, quiz your parents, or even do some searching online (just don't get too distracted). Doing this will expand your knowledge of a topic beyond simple recall, and might

even expose you to concepts or interpretations you hadn't thought of before.

7. Seek help when needed

Don't hesitate to reach out for help if you're struggling with a concept or subject. We get it, asking for help isn't always easy, especially if there are high expectations of you or you're too embarrassed to admit you don't understand something. But even though school is important, your health and wellbeing always comes first, and it's not worth the stress and anxiety.

If you're feeling unsure, don't leave it to the last minute to ask for help. Whether it's letting your teacher know you're struggling, joining a study group, or seeking tutoring assistance, there are heaps of people out there who are more than happy to help you - all you need to do is ask.

Interested in Sport? Consider these careers.

If you eat, sleep, and breathe sports, then you might be considering a career in your favourite field. Right off the bat, most people think, "Great – I'm going to be a professional golfer or a football star." And while those professions are undoubtedly exciting, they can be difficult to attain. Luckily, they aren't the only options out there. In fact, careers in sport are just as diverse as the games themselves, with options that include administration, sports science, journalism, and more. So, let's explore some exciting sports-related career paths you might like to consider.

Sports Journalist

If you have a passion for both sports and writing, sports journalism might be right up your alley. As a sports journalist, you could cover everything from local competitions to professional sports. Plus, you can choose from many different mediums, including print, television, radio, or digital platforms.

Sports Agent

If you're a savvy negotiator and enjoy managing relationships, consider becoming a sports agent. An agent's role is to represent the interests of athletes, assist with contract negotiations, and offer career advice.

Sports Psychologist

If you love understanding the human mind and how it affects performance, a career in sports psychology could be for you. In this field, you'll work on improving athletes' mental health and helping them hone their focus, dealing with performance anxiety, and even overseeing their recovery from injury.

Coach

Do you have a deep understanding of your sport and enjoy teaching others? Coaching is a fantastic route. As a coach, you could work with athletes of all ages. Your responsibilities would extend far beyond the playing field, to mentoring and guiding athletes toward their goals, both on and off the field.

Fitness and Nutrition Advisor

With an interest in sports, you're likely familiar with the importance of proper diet and exercise for optimal performance. As a fitness and nutrition advisor, you'd can guide and instruct athletes on how to maintain a balanced diet and perform exercises that would cater to their specific sports.

Sports Physician or Physiotherapist

Do you have an interest in medicine? Combining that with a love for sports could lead down a rewarding path. Sports physicians and physiotherapists work to treat and prevent injuries in athletes and assist them in their recovery process.

Sports Event Planner

Behind every major sports event lies a team of experts ensuring the program runs smoothly. As a sports event planner, you would coordinate the logistics and manage event operations – a great choice for those with strong organisational skills and attention to detail.

Find out more

Even if you don't make your career on the playing field, there are still so many ways to carry your passion for sports into your professional life. Using a blend of your passion for sports, your knowledge, and your skills, the possibilities are just about endless.