



## What's On – Event Outline

### Hair and Beauty Information Session

Organisation: TAFE SA

Location: TAFE SA Adelaide City Campus

Date: May 20

To help you make the right study choices for the career you want, TAFE SA holds free course information sessions. Our information sessions are generally held around the application period.

Attending an information session allows you to meet with the teaching staff, learn more about a course and where it can lead you, discuss study options, find out about the application process and ask course-related questions. Many information sessions are held on location, so it's also a great chance to check out TAFE SA's outstanding training facilities.

Find out more about the following course(s) at TAFE SA: · Certificate II in Salon Assistant · Certificate III in Barbering · Certificate III in Beauty Services · Certificate III in Hairdressing · Diploma of Beauty Therapy.

### Year 12 & Beyond – With ADHD

Organisation: Claire Pech Careers

Location: Online - webinar

Dates: Wednesday May 21, 7.00pm - 8:30pm AEST

Thursday May 29, 7.00pm - 8:30pm AEST

Hosted by Claire Pech, CICA-Accredited Careers Practitioner, and Amanda Krulis, endorsed Organisational Psychologist.

Targeted to students with ADHD in Year 12, this webinar will share insights and practical solutions for managing this critical year and beyond and making meaningful career decisions. If students cannot make it a recording will be sent to all ticket holders. Although it is interactive, students will remain anonymous on the webinar.

Topics covered:

- Redefining success - What is it to YOU?
- Finding and Owning your ADHD strengths
- Discovering what careers are aligned to your strengths

- Understanding the options for tertiary studies based on your interests and strengths
- Exploring the pathway options available and ways to get there using Action Plans
- Early Entry Considerations
- Quick guide to Educational Access Schemes (EAS) and adjustment points
- What is Procrastination - and how to tackle it?
- How to deal with stress and staying calm
- How to use technology to your advantage with ADHD

### Adelaide Zoo Careers Day

Organisation: Zoos SA

Location: Adelaide Zoo

Date: June 6

This special full day event gives students a chance to learn all about the variety of careers that are needed to keep a zoo and park running.

The Education team will introduce students to a range of guest speakers from animal care to horticulture, marketing and administration, as well as investigate training pathways to animal-related careers.

Open to students in Years 10, 11 and 12.

### Open Day 2025, Bedford Park

Organisation: Flinders University

Location: Flinders Bedford Park Campus

Date: July 25 to July 26

Flinders Open Days is your chance to check out uni life at Flinders – with information sessions, campus tours and heaps of activities.

Explore your career options, talk to our talented academics, get inspired with hands-on experiences and soak up the vibes.

You can chat one-on-one with other students and advisors, check out information sessions on different career and study areas, and get involved in interactive activities.

## Open Day 2025, City

Organisation: Flinders University  
Location: Flinders City Campus  
Date: July 27

Flinders Open Days is your chance to check out uni life at Flinders – with information sessions, campus tours and heaps of activities.

Explore your career options, talk to our talented academics, get inspired with hands-on experiences and soak up the vibes.

You can chat one-on-one with other students and advisors, check out information sessions on different career and study areas, and get involved in interactive activities.

## Open Day 2025, Tonsley

Organisation: Flinders University  
Location: Flinders Tonsley Campus  
Date: August 9

Flinders Open Days is your chance to check out uni life at Flinders – with information sessions, campus tours and heaps of activities.

Explore your career options, talk to our talented academics, get inspired with hands-on experiences and soak up the vibes.

You can chat one-on-one with other students and advisors, check out information sessions on different career and study areas, and get involved in interactive activities.

For further details and how to register please visit – [www.tafesa.edu.au/courses/info-sessions](http://www.tafesa.edu.au/courses/info-sessions)

## Work Life Balance - Tips for Students

Life is a balancing act, and students need to become master acrobats in order to navigate their menagerie of tasks and roles. Between school, study, work, chores, family, friends, and maintaining a social life, there's a lot to keep track of each week. If you're feeling like you don't have enough hours in the week to get things done, we have some tips to help you find life balance.

### What happens when you're not in balance?

It's easy to fall out of balance – most working adults in only get around 15 hours of leisure (or non-work) time each day, including sleep. So once we take out the recommended 8 hours we should be snoozing each night, that only leaves 7 hours for everything else. If you want to see how you compare, check out this article from the ABC.

Lots of people write-off life balance as a luxury or a made up fad. But having good balance in your life can not only make you happier and healthier, but also help you accomplish more in the long run. The impacts of lack of balance in your life could include:

- Burnout
- Loss of motivation
- Lack of 'thinking' time
- Mental health issues
- Physical health issues

### Signs you could be out of balance

If you generally feel happy, healthy, and well-rested, then you're probably already doing a pretty great job at the whole balance thing. Of course, there are always times when you don't feel great, like when exams are coming up, you're working extra shifts to earn more cash, or if you're sick – that's normal.

If you often feel tired, low, or that every day is a struggle, then it could be time to reassess your priorities and manage your time a bit better. If you don't feel like the problem is going away, or if you have any concerns about your mental health, then please see a professional.

Here are a few things to look out for:

- You wake up tired
- You find it hard to get to sleep
- You often get sick
- You're missing your friends/family/hobbies
- You no longer enjoy school or study
- You often feel anxious, stressed, or miserable
- Boredom is an issue for you

### Life balance tips for students

There's no "one-size-fits-all" solution to finding balance in your life. The amount we need to work, rest, and play depends on how you operate – in other words, you need to find the right balance for you, not what you think you're supposed to be doing.

If you're not feeling in balance, here's what we recommend you do:

### Work out where you are

Make a list of what needs to get done (think school, sleep, or chores) and what you would like to get done (think playing games, exercise, or volunteering). For example, you might include:

- Sleep
- School
- Chores
- Homework and other study
- Work or volunteering
- Extra-curricular commitments
- Hobbies
- Social time
- Life admin
- Time spent on your phone or other device

You don't have to go into that much detail, but the more you work out, the more wiggle room you might find. Then think about the number of hours you spend doing these things and jot them down.

## Work out where you want to be

Once you've worked out how you're spending your time, the next step is to think about how you would like your week to look.

We all have 168 hours in a week. If you sleep the recommended 8 hours a day, go to school from 9am to 3pm 5 days a week, travel an hour for school (there and back), allow an hour for eating, and spend an hour for other life admin each day, that leaves you with 63 hours a week to spare. This number is just an estimate – work out your number then use that for the rest of the calculations.

Now you need to work out what your priorities are. Go back to the list you made in step 1 and add up the things you both need and want to do each week. If you get to 63 (or your number of 'spare' hours) and there are still things on the list, then you'll need to think about what matters most – so work out which activities you don't need as much and work out a way to do less of them.

If you find you have loads of free time left – great! You don't have to fill every minute or schedule every hour. But if there's a club you've been itching to join, or a skill you've been wanting to learn, perhaps now is a good time to give it a go.

Build a plan to help you get there

Once you've reached this point, congrats! That's a huge hurdle out of the way. Now you have to make the changes in order to address the balance problems and lead the life you want.

Here are some tips that could help you to achieve your end goals:

- Use a planner, calendar, diary or app to write down your new timetable. This can help you stay in-check and create new habits instead of slipping back into your old routine. Set goals and then break them down into manageable milestones.

- Incorporate time limits into your schedule. If you want to play games or spend time social media, you don't need to cut them out completely - just set an alarm to remind you it's time to hop off. Got lots of study to do? Set a timer, and if you haven't finished in the allocated time, reassess your study patterns and habits, or consider asking for help.
- Speak to your family. If there's high expectations of you at home, working out exactly what needs to be done and figuring out a schedule could really help.
- Work out which activities on your list you can get rid of on a daily or weekly basis. If you volunteer but it's taking up too much time, ask if you can help out on a more casual basis. If you're doing lots of extra-curricular stuff, is it time to drop something for a bit?
- Be flexible – some days or weeks you might have less school work or other commitments, or some days you might just feel more exhausted, so it's always OK to change your schedule around.
- Take breaks when you need them. You should never feel guilty about resting and looking after your body.
- Unplug from social media and other screens from time to time (after a little while, you seriously won't miss it).
- Practice mindfulness, which includes being grateful, being present, helping out around home or with friends, or spend more time making better connections with people who make you feel good.
- Try to stay active. You don't need to take up marathon running, but even going for a quick walk each day can do a world of good for your health.
- Learn to say "no" (nicely).
- Ask for help if you need it.

Getting balance in your life is well worth it and is a great skill to use throughout life.

## Work Experience

### Work Experience Ideas – Music Industry

5 work experience ideas for students who love music.

Are you a high school student who lives and breathes music? Whether you're jamming with friends or creating playlists that perfectly capture every mood, your passion could become more than just a hobby. Work experience in the music industry can give you valuable insights into potential career paths while letting you explore what you love.

Here are five exciting music industry work experience ideas that could help you turn your passion into future opportunities.

#### Music studio assistant

Local recording studios are often looking for enthusiastic young people to help out. As a studio assistant, you might:

- Help set up equipment for recording sessions
- Observe professional sound engineers at work

- Learn the basics of recording software
- Assist with organising studio schedules

Reach out to local music studios or recording facilities and express your interest in work experience. Don't be afraid to contact smaller studios either - they're often more open to having high school students help out.

#### Music event planning

Connecting with event organisers or music festivals in your area can give you a chance to help with tasks like scheduling, logistics coordination, or promotional activities. This experience could involve:

- Helping coordinate performers and stage schedules
- Setting up equipment and spaces
- Assisting with promotion on social media
- Learning about event safety and management

This behind-the-scenes look shows you how much planning goes into the concerts and festivals you love attending.

### Music journalism and blogging

Consider reaching out to music magazines, websites, or blogs to propose contributing articles or reviews about local bands, concerts, or music trends. This experience helps you:

- Develop writing and communication skills
- Build a portfolio of published work
- Connect with artists and industry professionals
- Stay up-to-date with the local music scene

Many online publications are happy to have young contributors who bring fresh perspectives on new music and artists - but don't forget about smaller local publishers as well.

### Instrument repair and maintenance

Working with skilled technicians at music stores or repair workshops can teach you valuable skills in instrument care and maintenance. You might learn:

- Basic repair techniques for different instruments
- How to properly clean and maintain equipment
- The differences between instrument brands and models
- Customer service skills when dealing with musicians

This practical knowledge is incredibly useful if you're a musician yourself or interested in the technical side of music. Reach out to local retailers or repair shops and see if they have room to take you on. The experience could even lead to a part-time or casual work opportunity.

### Music education

This experience not only strengthens your own musical knowledge but could spark an interest in teaching or music therapy careers. Your tasks might range from setting up instruments to helping students during practice sessions. You could:

- Help younger students with basic instrument skills
- Assist music teachers during group lessons
- Organise sheet music and learning materials
- Help with school concerts or performances

Local schools or private music academies often welcome assistance with their music programs.

### Finding opportunities

When looking for music industry work experience:

- Start with your own connections - your school music teacher might have industry contacts
- Research local businesses and reach out directly with a polite email or phone call
- Check if your school has an existing work experience program with music industry partners
- Follow local music venues and studios on social media for volunteer opportunities
- Be prepared to start with simple tasks to prove your reliability

Remember to approach potential placements with enthusiasm, professionalism, and a willingness to learn - your positive attitude could leave a lasting impression.

## Job Spotlight

### Lifestyle Assistant

#### *What do they do?*

Lifestyle Assistants plan and facilitate recreational and social activities for individuals in aged care, disability support, and community services to improve their well-being and quality of life.

#### *What are their strengths?*

- Creativity and adaptability
- Strong communication and social skills
- Ability to support people with diverse needs
- Organisational and teamwork skills
- Empathy and patience

#### *How do they get started?*

A Certificate III in Individual Support or a Certificate IV in Leisure and Health is a common pathway. Further training in health or community services can provide additional opportunities.

#### *Next steps*

Want to learn more? Check out resources on Career Tools and The Good Universities Guide to explore study pathways, job opportunities, and industry insights.

## 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](mailto:sean.sheedy@samaritan.catholic.edu.au).

A large portion of the information contained within the Careers News has been provided by third parties. Samaritan College does not accept responsibility for the accuracy of this information. Parents and caregivers need to make their own enquiries and assessments about the suitability of these events and services for their needs and those of their children.



## ABOUT D'FACES

First funded in 1994, D'faces is a not for profit organisation supporting regional youth through the arts, based in Whyalla, South Australia. D'faces provides workshops and special programs in performing and visual arts.

## AN INTENSIVE WEEK OF THEATRE

Under D'faces Creative Producer, Michal Hughes, students will be taken through the steps of making theatre, from conception to production. Students will devise and present a piece of original theatre throughout the course of the week, each taking on unique roles within the production, from tech, to design, to performance.



Email Address  
admin@dfaces.net

Website  
www.dfaces.org

Instagram  
@dfaces\_arts



## WORK EXPERIENCE 2025



www.dfaces.org

## KEY STAGES

1

### Workshopping and Devising

*Participants will work together to devise a new work using a range of theatre making techniques.*

2

### Rehearsal and Production Design

*Students will be divided into performance and production teams. Actors will work on learning the text and learning new performance skills, while production team work together to design sets, sound, lighting, props, costumes, and marketing for the performance.*

3

### Production

*The final day of the week students will collaborate to deliver a final performance.*



We are seeking students of all levels of experience with interest in performance, directing, and technical production.



## APPLY NOW

To apply for D'faces Work Experience intensive, please visit [www.dfaces.org/workexperience](http://www.dfaces.org/workexperience)

