

Careers Newsletter

November 2019

What is a “Food Technologist”

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Food Technologists develop and improve existing food products (test flavour, colour, taste, texture and nutritional content) and set standards for producing, packaging and marketing food. They use chemistry, microbiology, engineering and other scientific methods to study the process of food deterioration.

A bachelor degree in science majoring in food science, food technology, nutrition, chemistry or a related field is needed to work as a Food Technologist. Some Food Technologists complete postgraduate studies.

For more information on this career go to:

<https://www.joboutlook.gov.au/Occupation?search=Career&code=234212>

“Your career choice doesn't come to you in a bang. It comes in a whisper”

Steven Spielberg



Information and Membership with the Australian Institute of Food Science and Technology is available at www.aifst.asn.au

Don't miss out - Now is the time to apply for work over the summer holidays!

Many companies/employers are taking applications and hiring now ready for the busy season. Consider the below for your best chance at gaining employment in a highly competitive environment.

Preparing Written Job Applications

Job Applications/Cover letters are very important. No matter how impressive your resume is, a poorly written cover letter can be the undoing of any chance of acquiring an interview. However, don't underestimate the power of providing a cover letter.

This should be a single page letter at the front of your resume and you should use a different one for each job application.

There are different kinds of cover letters depending on your needs. See some examples below.

Cover letter when you have no work experience <https://www.youthcentral.vic.gov.au/jobs-and-careers/applying-for-a-job/what-is-a-cover-letter/sample-cover-letters/cover-letter-no-work-experience>

Cover letter when you have some work experience <https://www.youthcentral.vic.gov.au/jobs-and-careers/applying-for-a-job/what-is-a-cover-letter/sample-cover-letters/cover-letter-some-work-experience>

Cover letter when no resume is required <https://www.youthcentral.vic.gov.au/jobs-and-careers/applying-for-a-job/what-is-a-cover-letter/sample-cover-letters/cover-letter-when-no-resume-is-needed-no-paid-work-experience>

Cover letter when there's no job advertised <https://www.youthcentral.vic.gov.au/jobs-and-careers/applying-for-a-job/what-is-a-cover-letter/sample-cover-letters/cover-letter-when-no-job-is-advertised>

Important steps to keep in mind when writing a cover letter:

1. Address the letter to the name of the person hiring and include their position and title. If you don't have this information, endeavour to find it out.
2. Introduce yourself.
3. Show that you meet the job requirements by reflecting on the actual job advertisement and highlighting the skills you have that meet these requirements. For example, if the job involves customer service, you may highlight certain communication skills.
4. Be specific. For example, rather than making a general comment: "I have strong skills in Word" say "I have 2 years' experience using Word in my previous employment at Shelly's café typing and designing weekly menus."



5. Don't just focus on yourself, that is what your resume is for. Show that you meet their requirements, but also highlight why you would be a valuable part of their team or organisation. Research the company, so that you can demonstrate a genuine interest in the position.
6. Make it clear you want this job and give reasons why.
7. Check spelling and grammar! Perhaps have someone proofread it for you.

Creating a Cover Letter, Resume or e-Portfolio has been made easy for you!

Just go to your School Careers Website and under the "For Students" menu is the "Student Secure Area" – here you can create your own account so that all your documents are automatically saved. You can log in any time and update, download or print them off as required.

Why have a Summer Job?

There are 2 very good reasons:

1. Financial – That extra cash is always a motivator and the main reason most of us go to work.
2. Experience – Work Experience is beneficial on both a personal and professional level. Learning new skills is paramount in gaining today's job and career opportunities.

The Griffith University Careers and Employment Service have written a great article on:

[The Ten Things to Learn from Your Christmas Casual Job](#)

They state that: Over the summer period, Australia will see a 170% increase in casual positions available, and 87% of those jobs are created by the retail industry. Experience gained from Christmas casual work can set you up for an ongoing position with the company that employed you and can arm you with transferable skills that you can apply to virtually any career you embark on after.



Where to look:

- Google "Christmas holiday jobs"
- <https://myfuture.edu.au/career-insight/details?id=11-places-to-search-for-jobs#/>
- Go to your School Careers Website > For Students > Job Vacancies

For Students or Parents wanting to weigh up the pros and Cons of Afterschool Jobs for teens go to: <https://www.verywellfamily.com/the-pros-and-cons-of-afterschool-jobs-for-teens-2610471>

Finding a Career that Suits Your Personality

This article by ABC life explains why passion for the subject matter and only considering your skillset is not enough. They provide some great tips and point out the importance of asking yourself whether your career choice:

- energises and interests you;
- is sustainable (meaning someone will pay you to do it);
- is one you'll be good at.

Read the article [HERE](#)



Social Enterprise – Is it for you?

Is there an issue you care deeply about? The Future of Young Australians describes a Social Enterprise as “kind of like a non-profit or charity, but with one key difference. Rather than collecting money from sponsors and donations, a social enterprise takes the same approach to making money as a business. That is, they sell a product or service and then spend their profits on the supporting a cause.”

For their 5 tips For Starting A Social Enterprise go to:

<https://www.fya.org.au/2016/01/05/our-top-5-tips-for-starting-a-social-enterprise/>



Does school-based Vocational Education and Training payoff in the long-run?

The latest report published by the University of Melbourne shows that upper secondary VET participants earn extra earnings of \$26,408, for VET without workplace learning, \$39,954 for VET with workplace learning, and \$60,294 for apprenticeships/traineeships (equivalent to receiving a one-off payment at the time of leaving school).

Some are not aware that the financial and employability outcomes of VET (Vocational Education and Training) are sometimes higher than university. The report by Grattan which was released in August showed that there is no single, clear pathway that benefits all students.

For those who want a more practical approach to learning and education, and are reluctant/unable to access university, VET is a viable solution. To find out more about this report, click [here](#).



To find out more about school-based apprenticeships and for additional career research tools, visit [the AAPathways website](#).

About the Australian Apprenticeships and Information Service (AATIS)

The Australian Apprenticeships and Traineeships Information Service (AATIS) offers pathway information to students, job hunters, career advisors and employers. Their website, app and resources are used and recommended by schools, parents, friends and other career-influencers. To learn more, visit their [website](#).



Australian
Apprenticeships
Pathways

BE SAFE AND WATCH YOUR MATES

SCHOOLIES

Schoolies is traditionally a time to celebrate all your hard work and many of you may be heading off with friends to various 'Schoolies' locations for a well-deserved break.

Whilst Schoolies is all about having fun with your friends, it also brings with it responsibility and risks. The "Safer Schoolies" website is here to help you plan ahead to safely navigate the risks associated with Schoolies and make your end of year celebrations safe, fun and memorable for all the right reasons.

To help you make the most of your Schoolies experience, make sure you check out all the important info and tips at <https://www.saferchoolies.qld.gov.au/information/schoolies>

Rotary Youth Exchange Australia

Applications are open for the [Rotary Youth Exchange](#) program for 2021.

As a Rotary Exchange student, you'll spend up to one year living as a full-time student in a foreign country, immersing yourself in a new culture.

Senior high school students are selected by their Rotary district as an ambassador of Australia. The student travels to another country where they live and go to school for a year.

A host Rotary family in your selected country becomes your host family.

Students who would like to participate in the program should contact their local Rotary Club and start to work on their application.

You can discover more information [HERE](#).

WORK TO LIVE OR LIVE TO WORK?

Achieving a balance

DO	DON'T
 <p>Set aside enough time to have breakfast and get ready without rushing.</p>	 <p>Check and reply to emails, grab breakfast and a coffee on-the-go.</p>
 <p>'Work smart' - Prioritise tasks, allocate time to them and try to avoid getting caught up in unstructured meetings.</p>	 <p>'Work long' - Jump from one task/meeting to another without thinking them through and considering how long they will take.</p>
 <p>Take a worthwhile lunch break of at least 30 minutes and try to keep it healthy. Go for a walk outside when possible.</p>	 <p>Work through your lunch hour and for convenience, eat unhealthy food at your desk.</p>
 <p>Speak up when your workload or expectations get too much. Learn to say no with a smile.</p>	 <p>Take on all work that comes your way, even if you don't have enough time to finish your current workload.</p>
 <p>Aim to shut off all work-related communications. If you have to work in the evening, secure a space at home to separate work and leisure.</p>	 <p>Stay late to finish your current project/start new work and take it home with you most days.</p>
 <p>Aim to spend time exercising after work or on weekends to keep fit and de-stress.</p>	 <p>Skip exercising because you are too busy with work.</p>
 <p>Plan holidays for the future to look forward to.</p>	 <p>Rarely book holidays as you are scared of the amount of work you will/miss come back to.</p>
 <p>Try to go to bed at a regular time every night to feel refreshed the next day.</p>	 <p>Stay up late replying to emails and completing work, leaving you feeling tired the next day.</p>

It is estimated that in Britain, work related stress accounts for 10.4 million sick days per year.


Over 40% of the working population neglect other aspects of their life because of their job, which may increase their susceptibility to mental health problems.

In the UK, 13% of employees work **49** or more per week. HOURS

Life Coach Directory
Facts sourced from
<http://www.mentalhealth.org.uk/help-information/mental-health-a-z/work-life-balance/>

QTAC Important Dates

<https://www.qtac.edu.au/key-dates-fees>

2019–2020 key dates Hide 

OFFER ROUNDS

- Applications open Thursday, 1 August 2019.
- Applications and documents submitted by the dates below will be assessed in time. You can apply or submit documents after the due date but they may not be assessed in time.
- You cannot change your preferences after the final date for the respective offer round.

Offer date	Due date to apply and submit documents	Final date to change preferences
3 October 2019	26 September 2019	26 September 2019
15 November 2019	8 November 2019	8 November 2019
23 December 2019	6 December 2019	10am, 16 December 2019
15 January 2020	13 December 2019	4.30pm, 7 January 2020
24 January 2020	13 December 2019	not applicable
6 March 2020 (Bond medicine courses)	Applications: 31 January 2020; documents: 1 February 2020	31 January 2020
30 April 2020	23 April 2020	23 April 2020
21 May 2020	14 May 2020	14 May 2020
4 June 2020	28 May 2020	11.59pm, 29 May 2020
18 June 2020	11 June 2020	11 June 2020
23 June 2020	16 June 2020	16 June 2020
25 June 2020	18 June 2020	18 June 2020

[View courses with fixed closing dates](#)

Courses with fixed closing dates

<https://www.qtac.edu.au/key-dates---fees/fixed-closing-dates>

Don't forget to check out the "Calendar of Events" on our School Careers Website