

Parents and Students can subscribe on our [website](#) to receive the Bulletin.

Australian Defence Force

How do I apply for the Defence Force?

The ADF recruitment process is designed to ensure you have the qualities needed, while helping you identify the ideal role in the Navy, Army or Air Force. Visit the [Defence Recruitment website](#) to find out if you are eligible to join and to access the six steps in the recruitment process. Each step has a video that explains what happens during the step. The six steps are:

1. Apply online with your personal details, academic achievements and job preferences (if you have them)
2. Attend virtual YOU (Your Opportunities Unlimited) Session
3. Attend Assessment Session - medical assessment, psychological interview, ADF interview
4. Attend Officer Selection (if you are wanting this pathway)
5. Take a Fitness Test
6. Attend Enlistment and Appointment day

On the site you will also find information videos that will answer many of your questions along with information on:

- Quick eligibility check - use this tool to see if you can join
- Health and fitness - learn how fit you must be
- ADF entry methods - choose the way you want to join
- Help centre - have your questions and queries answered

Want to become an officer in the Australian Defence Force (ADF)?

There are many different pathways to becoming an officer in the ADF. Explore the following options:

- [Australian Defence Force Academy](#)
- [Royal Military College, Duntroon](#)
- [Graduate entry](#)
- [Defence University Sponsorship](#)
- [Reserves](#)

Career Exploration

Top five ATAR questions answered

If you are finishing school this year, there's no doubt that your ATAR result is on your mind. You're thinking, "what do I do if I didn't get the score I expected"? To give you some perspective [The Good Universities Guide](#) has answered some of the most common questions school leavers have at this time of the year including:

- What can I do if my ATAR is too low?
- What if I can't get into Uni?
- What are pathways?
- Should I change my preferences?
- Am I eligible for special entry schemes?

VET Pathways aren't limited to the Trades only!

Vocational Education and Training (VET) qualifications include certificates, diplomas and advanced diplomas offered across a large number of industries and study areas. They offer many advantages from pathway options to skill development. If you fit into one of the categories below, find out more about VET courses that could be an excellent next step:

- You're looking for practical, hands-on training
- You're looking to qualify for a specific job or trade
- You're looking to 'try out' a study area before you commit to extensive study
- You're looking for a pathway to university study
- You're looking to add to your current skill set

The article from the Good Universities Guide explains:

- [What does VET offer?](#)
- [What does VET involve?](#)
- [Types of VET courses](#)
- [VET entry requirements](#)
- [Where are VET courses offered?](#)
- [VET study options](#)

Yes, you really do need digital skills!

The Australian Industry and Skills Committee's (AISC) National Skills Overview shows the current explosion in new technologies is reinventing the way businesses are run. This has significant implications for the workforce, which needs to evolve and be agile to keep up with technological expansion. [Digital skills](#) are becoming a priority for many industries including coding and programming, exploring the world of cloud computing and the Internet of Things, Blockchain and developing and using robotic and automation technologies. Find out more at [National Skills Overview](#)

Study Skills and Wellbeing

Ideas to assist you with managing panic and reducing anxiety

Idea 1: When you are starting to panic remember this is an exaggerated physical reaction to stress. The feelings are unpleasant, but you can cope with them ... breath!

Idea 2: Concentrate on your breathing – Breathe three deep breaths in and out slowly closing your eyes (when possible) as you do it ... repeat until your heart rate is settled.

Idea 3: Watch your thinking. Say in your head statements like: “It’s OK”, “I can cope”, “breath”, “I can manage this” ...

Idea 4: Use distracting techniques – count backwards from 100 or describe a painting to yourself or remember a happy time

Idea 5: Tell yourself that this is just one point in time and it will pass ...

It is important to think in positive words to yourself. Everyone gets stressed and can panic but learning how to manage it will make the panic become less frequent. Always remember to back yourself. If you are finding managing your stress and/or panic difficult, speak with your school guidance officer, school counsellor or make an appointment to see your family doctor. They will all have great ideas to assist you to move forward positively and confidently.

QTAC & Tertiary Entry

How IB Diploma students are considered for entry to tertiary courses in Australia ?

Results from the IB Diploma, which are reported on a whole number scale between 24 and 45, are converted into an ATAR-like value to allow IB students to be considered for tertiary places alongside their counterparts who have completed state curricula. This ATAR-like value is known as the Combined Rank because it is a national conversion that combines results from all states. This means that IB students can apply in any Australian state or territory with confidence about how their results compare to their peers who have completed state curricula and received an ATAR. [Click here to find out more.](#)

What is the ATAR?

QTAC is the body that calculates and provides eligible Year 12 students with their Australian Tertiary Admission Rank (ATAR). The ATAR:

- Is the primary mechanism used nationally for tertiary admissions
- Indicates a student’s position relative to other students
- Is a 2,000 point scale from 99.95 down to 0.00
- ATARs less than 30.00 are expressed as “30 and below”

QTAC calculated the first Queensland ATARs in December 2020 which brought Queensland in line with the rest of Australia. Thirty students received an ATAR of 99.95 with 16 different subjects including Biology, Chemistry, Economics, Engineering, English, English and Literature Extension, French, German, Italian, Latin, Literature, Mathematical Methods, Modern History, Philosophy and Reasoning, Physics and Specialist Maths. This list of subjects is NOT an indication of subjects that will guarantee a high ATAR. It has been included to show the wide range of subjects that students studied, did very well in and who received an excellent ATAR.

What subjects should you study to gain an excellent ATAR

Year 10 students and their parents often ask this question. [The answer is](#), the subjects that you enjoy, have had past success in and meet any future tertiary course prerequisites. You want to get to the end of Year 12, receive your results and be able to say to yourself that they are the best results you could get while maintaining life balance and well being. Your ATAR is a rank used by QTAC for competitive entry into tertiary institution courses. It is NOT an indication of your 'intelligence' and future success and happiness in life.

TAFE Queensland

Diploma of Graphic Design entry requirements

[The Diploma of Graphic Design](#) is a suitable course if you want to work in graphic design, digital design and visual communications. It can be completed in one year full time (three days per week) and is offered on Brisbane, Gold Coast and Sunshine Coast campuses. As part of your application, you will need to provide evidence of your technical skills developed through personal or work experience or through formal study showing your ability to:

- produce multiple examples of graphic design work that respond effectively to different design challenges
- produce typography that supports the overall design solution
- use graphic design industry software

Payment options

TAFE Queensland have a range of payment options, concessions, loans and scholarships you may be eligible for to assist you with the cost of your study. You may also be eligible for a TAFE Queensland payment plan to help you pay your course fees over the course of your studies. If you are asking yourself if you can actually afford to study, there are a number of options that could make your study at TAFE Queensland more affordable. [Click here to check out:](#)

- What it costs
- How you can pay
- What financial assistance is available
- Concessions
- Subsidised training
- Certificate 3 Guarantee
- Commonwealth supported places | Degrees
- Construction Skills Queensland | VET qualifications
- Fee-free training for Year 12 graduates
- Higher Level Skills subsidy
- User Choice funding
- Scholarships
- How to apply

TAFE Qualifications that will get you places

TAFE offer a full range of nationally recognised qualifications from entry-level certificates through to bachelor degrees. They also offer comprehensive trade training from beginner to advanced levels. [Click here](#) to see the range of qualifications on offer through TAFE Queensland and scroll down to see the full range.

Please email Deepika Bhardwaj, dbhar4@eq.edu.au, with any questions.