



The Rockhampton
Grammar School
Established 1881

CAREERS NEWSLETTER

MONDAY FEBRUARY 16 2026

Miss Chase Osland



**Head of Vocational Education
& Careers**

Your Mindset Matters More Than You Think

Developing a growth mindset transforms challenges into opportunities for brain development.

By replacing "I'm bad at this" with "I don't get it yet," you foster resilience and view struggle as essential learning, not failure.

Consistent effort—asking questions, testing strategies, and persevering—builds lifelong learning capabilities.



If you or your child have any questions about Vocational Education and Training, Work Experience or Career pathways, you can **book an appointment** on the RGS Careers Website.

[!\[\]\(b4eeff342f60cc7bcd67d869b4fedca2_img.jpg\) RGS Careers Website](#)

You can also find lots of valuable information including upcoming events and current job opportunities on the website.



CAREERS WORK EXPERIENCE



2026 Opportunities for Year 10, 11 and 12

Students may undertake a maximum of 30 days work experience per year. Placements are subject to availability, with each application considered carefully; however, only some applications are successful. Many quality work experience providers are fully booked out early in the year so those students leaving requests until close to the application due date may miss out due to lack of available places. Students that source their own work experience placement are more likely to proceed. The Secondary School Office may assist students that are unsuccessful sourcing their own placement.

Not all employers provide work experience opportunities and are not required to do so. Similarly, some employers offer very limited work experience and/or expressions of interest are called for once per year. The following work experience dates outline when applications must be submitted by, as well as the dates available for placement. Please adhere to these dates to avoid disappointment.

2026 Work Experience Dates

- Term 1**
 - 7 April – 17 April 2026 (school holidays) - **Year 10, 11 and 12**
Applications for this term are due on or before 3.50pm on **Friday 13 March 2026**
- Term 2**
 - 22 June – 26 June 2026 (last week of Term 2) – **Year 10 only**
NOTE: Work experience in the last week of term cannot be conducted on neighbouring properties.
 - 29 June – 13 July 2026 (school holidays) - **Year 10, 11 and 12**
Applications for this term are due on or before 3.50pm on **Friday 29 May 2026**
- Term 3**
 - 14 September – 5 October 2026 (school holidays) - **Year 10, 11 and 12**
NOTE: 100EP takes precedence over work experience.
Applications for this term are due on or before 3.50pm on **Friday 21 August 2026**
- Term 4**
 - 16 November – 24 November 2026 - **Year 10, 11 and 12**
NOTE: By application only by those with local SAT opportunity and in consultation with Head of Year and Head of VET. Students must attend Secondary School Speech Day on Wednesday 25 November.
 - 27 November – 4 December 2026 (school holidays) - **Year 10, 11 only**
Applications for this term are due on or before 3.50pm on **Friday 16 October 2026**

NOTE: This period covers the mandated WorkCover Insurance requirements for all schools; hence why all Work Experience placements must be pre-approved and documented by the School.

Work experience application forms are now electronic and available via the **Student Cafe and Parent Lounge**.

Applications are to be submitted to the SSO in person or via email workexperience@rgs.qld.edu.au. All work experience must be approved and organised a minimum of 3 weeks prior to starting.

Please review the Frequently Asked Questions, and direct work experience queries to Miss Chase Osland 07 4936 0660 or workexperience@rgs.qld.edu.au.



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CAREERS WORK EXPERIENCE



Defence Work Experience Programs (DWEP)

The Defence Work Experience Program (DWEP) is a national Youth Program that provides young Australians with an interest in a Defence career, the opportunity to gain exposure to a range of job roles available within Defence and the Australian Public Service. Defence work experience activities are designed to be hands on and interactive so that young people can make informed career decisions.

The program is aimed at students that have a genuine interest in a Defence career, demonstrate a high level of personal responsibility, focus, self-discipline and maturity.

SQLD DWEP PROGRAMS	PROGRAM DATES	APPLICATION CLOSING DATE
Air Force Familiarisation - RAAF Base Amberley	23 - 25 March 2026	11:30PM, 15 Feb 2026
Army Aviation Familiarisation - Swartz Barracks	24 - 26 March 2026	11:30PM, 15 Feb 2026
Army Familiarisation - Gallipoli Barracks	30 March - 1 April 2026	11:30PM, 15 Feb 2026
Indigenous Youth Program - RAAF Base Amberley	20 - 22 April 2026	11:30PM, 15 March 2026
Army Familiarisation - Gallipoli Barracks	27 - 29 April 2026	11:30PM, 15 March 2026
Air Force Familiarisation - RAAF Base Amberley	18 - 20 May 2026	11:30PM, 05 April 2026
Women in Aviation - RAAF Base Amberley	7 - 11 June 2026	11:30PM, 26 April 2026
Women in Aviation - RAAF Base Amberley	14 - 18 June 2026	11:30PM, 26 April 2026
Army Familiarisation - Gallipoli Barracks	22 - 24 June 2026	11:30PM, 10 May 2026
Army Aviation Familiarisation - Swartz Barracks	23 - 25 June 2026	11:30PM, 10 May 2026

Places are limited and students are strongly encouraged to submit complete and considered applications as soon as possible to avoid disappointment. We work alongside ADF Units to bring students a valuable experience with serving personnel and therefore unforeseen changes to operational commitments may result in a placement being changed, postponed and/or cancelled at short notice.

Please monitor the [DWEP website](#) for updates on the program and to apply. Any questions regarding the work experience programs within South QLD can be forwarded to the South QLD Work Experience Program email address sqld.workexperience@defence.gov.au.



CAREERS UNIVERSITY



Regional Medical Pathway Information Sessions

The Bachelor of Medical Science (Pathway to Medicine) welcomes school leavers, offering 20 places at both the CQUniversity Rockhampton and Bundaberg campuses. This innovative course ensures successful applicants a provisional direct entry pathway into The University of Queensland's Regional Doctor of Medicine program. Join us for an informative evening as we provide comprehensive details of the course. We'll cover everything from the application process to regional adjustment points and the benefits of studying and practising medicine in a regional setting. Featuring special guest speakers from CQUniversity and the University of Queensland.

Events

Bundaberg - Monday, 30 March, CQUniversity Bundaberg Campus
4.30 pm – 6.00 pm

Rockhampton - Wednesday, 1 April, CQUniversity Rockhampton Campus
4.30 pm – 6.00 pm

Online - Thursday, 2 April
4.30 pm – 6.00 pm

Registrations will open soon. For enquiries please contact [Future Students](#).



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CAREERS UNIVERSITY

Future Doctors Australia

Gaining medical work experience is essential for young people considering a career in medicine.

The Future Doctors Australia Program is coming up in Brisbane!

We would like to inform students who are interested in pursuing a career in medicine that spots for The Future Doctors Australia 2026 program are filling up.

[The Future Doctors Australia program](#) provides a unique, hands-on opportunity for students aged 14-18 who are passionate about a future in medicine. On the 2-5 July 2026 in Brisbane (Taringa) over the course of 4 days, participants will engage in dynamic sessions led by experienced medical specialists, take part in practical learning activities, and gain valuable insights into the medical admissions process. This program is designed to inspire and equip students with the knowledge and skills they need to succeed on their path to a medical career.

City	Date	Availability
Brisbane (Taringa)	2 - 5 July 2026	16 spots left
Perth (Innaloo)	9 - 12 April 2026	1 spot left
Perth (Innaloo)	16 - 19 July 2026	19 spots left
Melbourne (Docklands)	16 - 19 April 2026	17 spots left
Melbourne (Docklands)	24 - 27 Sep 2026	20 spots left
Sydney (Chatswood)	9 - 12 April 2026	2 spots left
Sydney (Chatswood)	16 - 19 April 2026	8 spots left

[Program Details](#) | [Fees](#) | [Enrolment Form](#)

[Photo gallery of previous programs](#)

[List of Medical Specialists & Clinical Staff Guest Speakers and Presenters](#)



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Save the date!

Students in Years 10, 11, and 12 are encouraged to monitor school communications for details on how to register their interest in attending the Capricorn Mega Careers Expo.

Students who register their interest will be required to obtain parental consent.

RGS Parental Consent

Permission for this activity will be provided via the RGS Parent Lounge. Further instructions on how to complete this process will be communicated closer to the event date.

Capricorn Mega Careers Expo

14

May 2026

From To
9:00am 2:00pm AEST

Location
CQUniversity Community Sports Centre,
Rockhampton North
25/554-700 Yaamba Road,
Norman Gardens QLD 4701

Who is this event for / type of event
Information Session

Join us at the Capricorn MEGA Careers Expo 2026

CQUniversity is excited to be partnering with Advance Rockhampton, Rockhampton Manufacturing Hub, and Workforce Australia to deliver the Capricorn MEGA Careers Expo in 2025.

The Capricorn MEGA Careers Expo is a free event, offering a unique opportunity for anyone interested in starting, changing, or upgrading their career, and is open to local schools and the general public. Bringing together a wide range of exhibitors including tertiary education institutes, apprenticeship and traineeship providers, resource and civil construction organisations, and an array of local businesses. It's your chance to engage with the future workforce.

To find out more about this event or register your business or school's attendance, email the [Future Students team](#).



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REGISTER NOW!

UNE Early Entry applications are now open.

Year 12 Students can complete their application via the following link:

https://study.une.edu.au/app/early_entry/applicant_portal

2026 UNE Open Day - Registrations now open

Open Day is an excellent opportunity for your students to learn more about Early Entry, explore course options and check out our amazing campus.

- Date: Friday 1 May 2026
- Location: UNE Armidale Campus

[UNE 2026 Open Day - Individual Registration Form](#)

2026 Key Dates**

- 2 February — Applications opened to students
- 1 May — UNE Open Day
- 27 April — Education Providers gain access to the School Review portal

Round 1

- 17 July — Applications close
- 31 July — Education Provider reviews due
- 1 September — Offers released

Round 2

- 14 September — Applications close
- 25 September — Education Provider reviews due
- 5 November — Offers released

**Dates subject to change



une
University of
New England



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CAREERS APPRENTICESHIPS



Connect 'n' Grow
A HEALTH CAREER WITH TRAINING AND SUPPORT THROUGH QUALITY EDUCATION
RTO 43318



Deadly Start
Program 2026

Enrolment Applications Now Open!

Enrol Now

Places are limited,
so secure your
students today, by
completing the
application form now!

The [Deadly Start Program](#) is more than a qualification, it's a culturally safe, school-based career pathway into the healthcare sector for Aboriginal and Torres Strait Islander students. If you have students who have completed an EOI they will need to complete this application.

Here's how it works:

Lay The Foundations (Semester 1, 2026)

Year 11 students complete the HLT23221 Certificate II in Health Support Services, laying the foundation with skills in communication, infection control, and workplace safety— all while studying for their QCE.

Earn while you Learn! (July 2025 – June 2026)

Eligible students transition into a paid school-based traineeship with Queensland Health, working 1 day per week at a local health facility while training toward their Certificate III in Health Services Assistance.

Throughout the 18-month program, students receive ongoing cultural mentorship and support, and are employed in real hospital settings across one of 16 Queensland Health and Hospital Services (HHSs), from Torres Strait Islands to the Gold Coast and everywhere in between.

For more details or to discuss how this program can benefit your students, please [contact us](#) at traineeships@connectngrow.edu.au or call 1300 283 662.



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CAREERS

APPRENTICESHIPS



Start your career journey with a school-based apprenticeship or traineeship

School-based apprenticeships and traineeships (SATs) enable you to work and train towards a recognised qualification, while you complete your Queensland Certificate of Education (QCE) or equivalent.

How does the SAT journey begin?

Before you can get started, there are four key stakeholders involved in your school-based apprenticeship or traineeship: your school, your employer, the Queensland government (DTET) and your supervising registered training organisation.

1. **School:** You'll need to gain approval from the school. We will work with your employer and registered training organisation to create your training schedule. In order to fit your SAT around your school studies, some of your paid employment and/or training will become part of your school timetable.
2. **Employer:** Once you've chosen your course, you will need to find an employer you can complete your apprenticeship or traineeship through. An employer can be found through your family or friends, by contacting businesses directly, using internet job search engines such as [Seek](#).
3. **Queensland Government:** They oversee the funding and compliance of your SAT.
4. **Your Supervising Registered Training Organisation** will help provide you with the knowledge, skills and training to drive you towards your career destination.



CAREERS

JOB SPOTLIGHT

So, What Actually Is Psychology?

Psychology is all about understanding how people think, feel and behave. It looks at what makes us unique, from how our brains work to why we react to certain situations the way that we do. It's not just about mental illness or therapy, psychology plays a role in everyday life, such as why we form certain habits, how we learn and what motivates us to chase our goals.

“ *Psychology is the science of behaviour and the mind - what could be more important than understanding ourselves?* ”

At its core, psychology is a science. Psychologists use research, experiments and data to figure out how the mind works. They study topics like memory, emotions, personality, intelligence and even group behaviour. Basically, if it involves people, psychology can help to explain it!

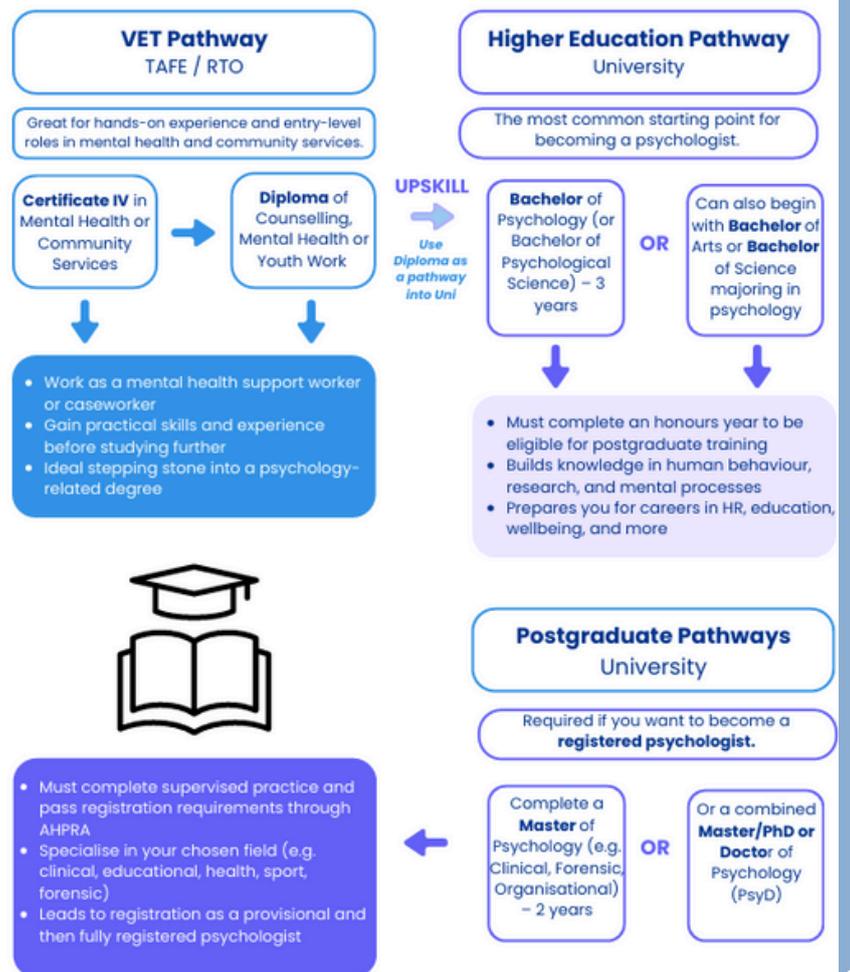
The best part? Psychology isn't just something you read about in textbooks, it's used in a wide range of real-world jobs.

Whether it's helping athletes stay focused, designing safer road signs, or supporting students' mental health, psychology is everywhere. It's a career path that's meaningful, flexible, and always evolving.

The Australian Handbook for Careers in Psychological Science

Written specifically for Australian psychology students to explore diverse career paths beyond clinical work. Includes chapters on government, research, health and organisational roles for psychology grads. Features real career stories and advice from professionals who studied psychology in Australia.

Pathways to Psychology Careers





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CAREERS OPPORTUNITY

MONDAY FEBRUARY 16 2026

CAPRAS GAME DAY HOSPITALITY PROGRAM

Providing local school students with industry accreditation, real world experience, and a clear pathway into hospitality employment.

- Capras funded online RSA course
- Capras polo supplied for work uniform
- On the job experience at Capras home games
- Complete a minimum of 3-5 shifts
- Receive employment recommendation letter
- Required age 15+ years old

APPLY NOW + MORE INFO



SCHOOL BASED TRAINEESHIPS AVAILABLE
START YOUR CAREER IN HOSPITALITY

In partnership with CTA Training Specialists (RTO Code 31607), Zarraffa's Coffee is seeking students to undertake a School-Based Traineeship, where you can work, earn and learn all on the job!

- 🎯 QUALITY
- 💰 PAID TRAINING
- 🔄 FLEXIBLE
- 🚀 YOUR FUTURE

We're looking for hospitality superstars for the following stores:

ZARRAFFA'S COFFEE
NORTH ROCKHAMPTON



Nationally accredited courses

BSB30120
CERTIFICATE III
IN BUSINESS

How to register:
To register for the information session scan the QR Code below



For more information about this opportunity, please contact Jess Rampling from CTA Training Specialists: jessica@ctatraining.com.au 0427 654 418



Find your next opportunity!



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CAREERS EMPLOYMENT

Rockhampton Regional Council has officially launched a dedicated Careers Page.

This initiative is designed to strengthen our connection with the community and highlight the diverse career opportunities available within Council. Whether individuals are commencing their careers, seeking advancement, or re-entering the workforce, our Careers Page provides valuable resources to support their journey.

We encourage parents and students aged 16 and over to monitor this page for updates on apprenticeships and traineeships, which offer excellent pathways to meaningful employment.

By following our Careers Page, you will gain access to:

- Current vacancies across Council
- Practical application and interview tips
- Insights into Council operations
- Inspiring staff stories and achievements

Please visit and share our Facebook page to help spread the word:

Click link to the Careers at Rockhampton Regional Council Facebook page [here](#).

Harness Your Human Skills



Communication and Collaboration

When do I already use these skills?

You're practising communication and collaboration skills when you:

Work on group projects dividing tasks, brainstorming ideas, and sharing feedback

Play team sports strategising, motivating each other, and playing your part

Work your casual job managing customers, supporting colleagues and updating your boss

How can I develop my communication and collaboration skills?



Next time you're communicating or collaborating, try one of the strategies below and notice what impact it has on your interaction:

- 01 Be present** by putting away distractions (like your phone) when talking to others. Use facial expressions and nodding to show interest.
- 02 Listen actively** by focusing fully on the speaker without interrupting. Afterward, ask questions to clarify their points and reiterate their ideas back to them to ensure you've understood.
- 03 Adjust your formality** depending on the situation to show respect and professionalism and to build rapport.
- 04 Practice small talk** to build confidence in starting conversations. This could be as simple as asking what they got up to on the weekend, and helps in social and professional settings, meeting new people, job interviews and networking.
- 05 Improve your presentation skills** by participating in public speaking events or debates to boost your ability to present ideas clearly and confidently.



Communication and Collaboration

Communication and collaboration are the building blocks of teamwork. **Communication** means expressing your ideas, thoughts, and feelings in a way that others understand, and **collaboration** is about working with others to reach a common goal.

Combined, these skills:


Make **teamwork** smoother and more efficient


Create stronger **relationships**


Help to **prevent and resolve conflict** more easily



CAREERS

ACTIVE VOLUNTEERING

CHC14015 Certificate I in Active Volunteering

In Year 10, all RGS students are required to undertake CHC14015 Certificate I in Active Volunteering. The total cost of this course is \$200 including the \$60 for HLTAID010 Provide basic emergency life support, which is a unit of competency within the certificate. The cost of CHC14015 Certificate I in Active Volunteering will be added to students' school fee accounts in 2026.

To enhance student success, the programme will now be delivered in block days throughout the year, and attendance on these days is required. A range of internal and external volunteering opportunities will be provided to assist students in completing the compulsory 20 hours before the end of the year.

The scheduled block days for the Certificate I in Active Volunteering are as follows:

Term 1 – Wednesday 1 April

Term 2 – Thursday 18 June

Term 3 – Thursday 3 September

Term 4 – Wednesday 11 November to Friday 13 November





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CAREERS VOLUNTEERING



VOLUNTEERS NEEDED

VOLUNTEERS WANTED - Local ambulance committee

The Rockhampton & District Local Ambulance Committee is hosting a High Tea and are hoping for 3 or 4 students to help for the afternoon. Duties may include, but are not limited to ticketing, food preparation, table service.

When: Sunday 1st March

Time: 11.30am – 2.30pm approx.

Where: Athelstane Bowling Club, War Street, The Range

Contact: Glenys James

Mobile: 0402566146 **Email:** laclgmh@gmail.com

VOLUNTEERS WANTED - Fitzroy Frogs Triathlon club

Fitzroy Frogs Triathlon club host the annual Rockhampton Triathlon Women and Juniors, with the 2026 event to be held Sunday 22 March in the Southside pool precinct. Roles include run course marshals, water stations, and finish line support. They have a large volunteer team to support and encourage athletes who are aged 5 - 14 years in the Junior events, and 15 + in the Women's events.

When: Sunday 22 March

Time: 6am - 10am approx. **Where:** WW2 Memorial Aquatic Centre (Southside pool) and surrounding area

Contact: Helen Wiltshire

Mobile: 0407 159 807 **Email:** frogstri@gmail.com