



The Careers Centre, in the Monash Building, is a resource centre for our students with current institutional handbooks and brochures at their disposal. Students are invited to visit, browse and question. An open-door policy exists to ensure students make informed decisions about future pathways.

Initial Year 12 interviews have begun to assist students with the momentous decisions facing them this year. Please make sure you attend Homeroom so that you can sign up. Parents/guardians are welcome to take advantage of the services provided. **Appointments** can be made to discuss the future pathways of their children.

CAREER TOOLS: ONLINE RESOURCE... [Wyndham Central College \(wcccareers.com\)](http://wcccareers.com)

ANU | Early Entry Application Q&A

May 7, 2024

An opportunity to get your last minute questions about our direct entry application answered by staff from admissions and accommodation before applications close on 13 May 2024. They will answer commonly asked questions, and there will be time for you to ask your own – come prepared with any questions you might have!

[Find out more](#)

Torrens University | Virtual Open Day

May 7 to May 9, 2024

Ready for the next step on your career journey? Join us online as our academics talk you through the courses on offer and how you can get the most out of studying with us. Learn about scholarships, internships and what sets us apart from other universities.

- Design and Creative Technology: Tuesday 7 May – 6 – 7pm (AEST)
- Health and Education: Wednesday 8 May – 6 – 7pm (AEST)
- Business and Hospitality: Thursday 9 May – 6 – 7pm (AEST)

[Find out more](#)

Collarts | Open Day 2024

May 11, 2024

At our Collarts On-Campus Open Day, we invite you to come and experience all things Collarts life: from our passion for creativity, close community, state-of-the-art facilities, expert faculty, and more.

- Up-skill in a creative workshop
- Learn more about the industry in a live panel
- Meet Collarts students and staff
- Visit one of our open campuses on the day



- Get an inside look into all our courses

[Find out more](#)

UniMelb | Residential Colleges Open House 2024

May 11, 2024

Register to tour our ten Residential Colleges and visit the University during Open House on Saturday 11 May 2024. Each College has its own unique community spirit to explore and offers a supportive environment that will help you to make lifelong friends, build lasting connections, further your academic pursuits and experience unique opportunities.

During our Open House you will have an opportunity to:

- explore and tour our Residential Colleges
- hear from current residential students
- meet our academic and pastoral care staff
- learn more about our generous scholarship programs and College application process
- discover the best of Residential College social, cultural, sporting and leadership opportunities.

Each College will be running tours continuously throughout the afternoon on a regular basis. Please register and select which Colleges you intend to visit. You can also register for our general information session at 12noon or 3.30pm.

[Find out more](#)

The Hotel School | Industry Insights, Melbourne

May 11, 2024

Join us for an exclusive behind the scenes look at life working in the hotel and event industry.

Gain insights of W Melbourne through the eyes of a hospitality and events professional. Find out what it is like to work in this dynamic environment by immersing yourself in the behind the scenes operations of a luxury hotel.

You are invited to this unique, fully interactive experience where you will meet professionals of key hotel departments and have an opportunity to understand their roles. This event is perfect for those wanting a better understanding of the complexities and depth of hospitality careers.

[Find out more](#)

JMC Academy | May 2024 Open Day, Melbourne

May 11, 2024

Come and see why JMC Academy is Australia's leading tertiary Creative Industries provider.

Things to do at Open Day:

Tour our world-class facilities and tech

- Explore your creative future in our hands-on workshops
- Meet our current students and industry expert lecturers
- Check out live student performances
- See creativity come to life with course demonstrations
- Build your creative network
- Speak to student admissions

[Find out more](#)

AIE | Open Day

May 25, 2024



Wyndham Central College Career News No. 04

No.04: 25 April 2024

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day on **Sat 25 May 2024**. This event will be held at AIE Campuses in Sydney, Melbourne, Canberra and Adelaide from 10am to 3pm.

AIE's Open Day is a great opportunity to meet our teachers, staff and students. The day will cover everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer – from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

AIE's Open Day will also include presentations on entry requirements and how to apply. Find out how AIE can get you into a creative career.

[Find out more](#)

The Hotel School | Melbourne Open Campus 2024

June 22, 2024

Join us for a day filled with excitement and exploration at our University Open Campus, where you'll get to experience life as a student at The Hotel School. Here's what awaits you:

- Experience studying at THS firsthand by participating in a special Masterclass
- Meet The Hotel School team and explore our diverse range of courses and application process

- Discuss career opportunities with the Work Integrated Learning team
- Connect with our current students and fellow attendees
- Enjoy light refreshments

[Find out more](#)

Discover Exercise and Sports Science at ACU Melbourne

July 2, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Experience the range of cutting-edge equipment for training and rehabilitation that you will have access to as part of a sport and exercise science degree with ACU.

[Find out more](#)

Discover Biomedical Science at ACU Melbourne

July 2, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Take part in hands-on workshops, tour our facilities and hear from current students about a rewarding career in biomedical science.

[Find out more](#)

Enter the World of Le Cordon Bleu Careers Residential, Melbourne

July 3 to July 5, 2024

We're opening our doors to high school students in Years 11 & 12, to experience a 'day in the life' at one of the world's leading culinary and hospitality institutions to provide a taste of what a future career in global hospitality will be like.



Wyndham Central College Career News No. 04

No.04: 25 April 2024

Meet lecturers and Le Cordon Bleu professionals, hear from industry experts, discover what Le Cordon Bleu hospitality management degree programmes involve and experience hands-on culinary arts with our chefs.

[Find out more](#)

Discover Law, Business and Criminology at ACU Melbourne

July 4, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

All rise, interactive workshops are now in session. Learn about our law, business and criminology courses, and associated double degrees. Discover what it takes to become a respected and ethical corporate professional for the modern world.

[Find out more](#)

RMIT | Tech and Trades Experience Day 2024

July 4, 2024

Come and discover RMIT – Register your interest for a spot at our free exclusive Hands-On Experience Day in your July school holidays!

You will have the opportunity to choose two interactive workshops from a Trades and Future technology areas in our Vocational Education programs.

Tailored for students in years 10, 11, and 12, along with their parents and guardians, this event promises an immersive day of exploration. Uncover your passions, gain valuable insights, and pave the way for a future filled with endless possibilities.

[Find out more](#)

Discover Nursing at ACU Melbourne

July 10, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Learn how nurses work at the forefront of patient care, and experience how they save lives by taking part in an interactive experience and explore our state-of-the-art simulation labs.

[Find out more](#)

Discover Midwifery at ACU Melbourne

July 10, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Experience being an ACU student for a day with access to cutting-edge equipment in hands-on workshops, run by our midwifery students.

[Find out more](#)

Discover Paramedicine at ACU Melbourne

July 10, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Take part in hands-on workshops, tour our facilities and hear from current students about a rewarding career as a paramedic.



[Find out more](#)

AIT | Open Day

July 13, 2024

AIT's Open Day is perfect for those wanting to explore the endless opportunities available in the growing creative industries. This fun and interactive day is a great way to get further information on our curriculum, course requirements and study pathways. Our friendly staff & students will also be there to talk to and get advice from.

On the day you can expect to:

- Learn about our degrees in film, 2D and 3D animation, game design, and IT.
- Hear more about careers and study paths.
- Take a tour of our campus.
- Lunch included on the day.

[Find out more](#)

Free Money

Scholarships

UNSW Co-op Program

Opens: May 1, 2024

Closes: September 30, 2024

A Co-op Program scholarship provides industry training, professional development, networking and financial support for selected undergraduate students in the disciplines of Business, Engineering, and Science.

Today, it is the largest and most prestigious scholarship program of its type in Australia and a leader in career development learning. There are over 300 current Co-op scholars who join more than 3,500 UNSW Co-op Alumni. The experience and networks our scholars develop enrich their time at university and give them an invaluable head start upon entering the work force.

[Find out more](#)

Bert Evans Apprentice Scholarships

Opens: April 1, 2024

Closes: May 31, 2024

Finishing your apprenticeship training can be tough when you've experienced hardship. The Bert Evans Apprentice Scholarships are there to help.

[Find out more](#)

Frank Hall-Bentick Education Fund

Opens: April 1, 2024

Closes: September 30, 2024

The Frank Hall-Bentick Education Fund (formerly the Australian Disability & Indigenous Peoples' Education Fund) has been established to assist people with disabilities from both indigenous and non-indigenous backgrounds to participate in both formal and informal education programs through small financial grants.

[Find out more](#)



Competitions

BUFTA 2024

Opens: May 1, 2024

Closes: September 16, 2024

The Bond University Film & Television Awards (BUFTA) is one of the premier film competitions for High School students around Australia – and for the first time in 2023 BUFTA is now open to film submissions from across the globe.

[Find out more](#)

Think Science!

Opens: March 25, 2024

Closes: August 16, 2024

Think Science! is back for 2024. A free, nationwide science competition for primary and secondary school students in Years 3 to 10, Think Science! encourages students to perform an investigation using the Science Inquiry skills from the Australian Curriculum and document their process and findings in a video.

[Find out more](#)

Plan Your Own Enterprise Competition 2024

Opens: April 1, 2024

Closes: September 13, 2024

Entries are now open to the 2024 Plan Your Own Enterprise (PYOE) Competition.

In up to 3,500 words students should present a creative idea for a small business as a business plan. Business and Financial Planning enables students to see the interconnectedness in business operations allowing them to have an in-depth understanding of business functions. Introducing the Competition as part of your teaching and assessment, or as a co-curricular challenge, will provide a real-world context for student learning in a school setting.

[Find out more](#)

Study Tips

[How to ask your teachers for help if you're falling behind](#)

Falling behind in class or feeling like you're not understanding something can be upsetting, and sometimes overwhelming. And the thought of needing to ask your teachers for help can be even more stressful on top of that. But don't fear – your teachers are there to help you out. You shouldn't feel guilty about asking for help, but there are some things you can do to make sure you get the most out of it. Here's what to do and how to ask your teachers for help.

Be specific

Instead of just giving up and saying "this subject is too hard" or "I just don't get it", it's much more constructive (for both you and your teacher) if you can pinpoint the areas you need help with the most.

Take a look back at your work and try to find the specifics on what you're struggling with. For example, you might be able to remember a mathematical formula off by heart, but struggle when it comes to complex problem solving. Maybe you have a great idea for a short story, but can't quite get the grammar right.

If you have examples of things you didn't get right on tests or assignments, bring those in so you can ask what went wrong.

Be proactive



To get the most out of the help from your teacher, it's best to ask as soon as you realise you're struggling – leaving it until after you receive a bad mark on your assignment isn't a great idea.

The more time you have to work through an issue, the more likely it is you'll be able to sort it out, instead of adding extra pressure on already stressful deadlines and due dates.

Be respectful

Generally in life, people will be more receptive to helping you if you treat them with kindness and respect. Try and approach your teacher at an appropriate time (i.e. not while they're rushing between classes) and be polite.

If your teacher has marked you down or given you a bad grade for reasons you don't agree with, approach the situation with a cool head. Being upset and arguing about it is unlikely to change the outcome – asking questions and seeking feedback is much more helpful.

Be flexible

If you're unable to ask your teachers for help, there are other people you might be able to approach instead. This could be a good friend, a sibling, a parent, or even help from an external tutor. Just remember our second point – the earlier you ask the better!

Be kind to yourself

Remember, there's nothing wrong with needing to ask for help. Don't feel embarrassed or guilty about assistance – there are lots of people around who are more than willing to help out.

If you've already asked and you're still struggling, that's OK too. You should consider speaking to your parents/carers or school about other support options available.

Want some more study tips? Take a look on our website [here](#).

Work Experience

The skills you could learn from work experience

If you're contemplating getting some work experience, you might've read that most of your time will be spent observing. Understandably, you might be a bit confused about the skills you could be taking away from your work experience placement.

Well, not *all* work experience will be watching and learning (and even it is, at least your observational and note taking skills will be top notch by the end of it). In reality, you'll probably be leaving your placement with new or improved technical skills that are specific to each job or industry. Let's take a look at what some of these skills are.

Skills you'll learn from work experience

There's way more to work experience than you might realise. In fact, just applying for a position and turning up will guarantee that you have demonstrable talents to add to your resume. Here are just a few examples of skills you'll need at work and that you could develop during your work experience placement.

Problem-solving

You won't be expected to solve any big problems on your placement, but finding solutions to how you'll get there each day, arrive on time, and organise your day are still all examples of this skill.

Time management

Arriving on time, knuckling down, and getting tasks done are all a part of building this valuable skill.

Communication



Having to work closely with your supervisor, other employees, and customers means both your verbal and non-verbal communication skills will get a workout. In addition to honing your communication talents, you might find that your active listening, collaboration, and diplomacy abilities are improved too.

Teamwork

Working well with other people, listening to them, following instructions, engaging, and adding value in the workplace are all demonstrable teamwork skills, highly desired by most employers.

Professionalism

This includes looking the part, taking the job seriously, trying your best, and using appropriate language.

Networking

Have you heard the phrase “it’s not what you know but who you know”? Well, it’s very true in many aspects of life, so learning how to network could open up lots of opportunities for you.

Business etiquette

Knowing how to write professional emails, the best way to answer the phone, when to step back from a situation, and how to remain professional in all situations are invaluable when you’re looking for paid work.

Initiative

If you finish a task and your supervisor is busy, wash up the mugs, do some filing, or ask around if there’s another job you can do to help out – just be proactive. Also, let your employer know if you have an idea about trying something new or different that could help get the job done.

Work ethic

Don’t complain, don’t slack off and take advantage of the fact you’re not at school, don’t take excessive breaks, and don’t spend time on your phone. Do try your best, give everything a go, and ask for help if you need it.

Willingness to learn

Be enthusiastic, show you’re ready to listen and learn, try new things, follow instructions, and don’t be a know-it-all.

Computer, technical, and practical skills

You probably already have a great understanding of technology, but using it in a workplace environment, and using new programs, software and equipment will only expand your knowledge.

Customer service

Dealing with the public isn’t always easy, so learning how to handle tricky situations, keep customers happy, or just provide people with the information they need is a great skill to have in any industry.

Confidence and self-esteem

These might not sound like typical workplace skills, but they’re really important as you go through life. They’ll help you reach goals, take opportunities, challenge yourself, and ultimately help you move forward.

To get the most out of work experience...

Ask lots of questions at your placement to maximise the benefits from being there. Your employer and colleagues recognise that you’re there to learn, so don’t feel embarrassed or that you’re annoying them.

If appropriate, take a notebook and write things down as you go. You might think you’ll remember all the important stuff, but knowing it’s all written down is great peace of mind.



Once your placement is over, think about the skills you gained from your experience and make sure you add them to your resume or portfolio.

Want more?

If you're looking for more information, we have heaps of other blogs you can read on our website [here](#).

Skills for Work

[Example responses to job application questions](#)

You might have already thought about doing mock interviews to practise answering interview questions. It is, after all, a crucial stage of any job application. But before you even get to the interview, you might be required to answer some questions as part of the initial application. If you're feeling a bit unsure about how to answer job application questions, we're here to go through what you might be able to expect and provide some example responses for you to follow.

Tips for answering job application questions

Before we begin, here are some of our tips to help you ace your application.

- Don't just answer the question reflexively – give some thought to what the employer is trying to find out and respond appropriately.
- Use the job description and your research on the company to supplement your answer with relevant information.
- Use the STAR technique (AKA “show don't tell”) to answer where possible. Provide concrete examples, not just statements.
- Write original answers – don't copy and paste from resumes or cover letters.
- Avoid plain “yes” or “no” answers.
- Don't leave fields empty.

Common questions you might be asked

Here are a few example job application questions and responses to help you out if you're struggling with writer's block. We recommend you don't just copy the answers – use them as inspiration.

Why do you want to work here?

Employers want to know if you've given serious consideration to your application. You need to show that you've done your research and understand exactly what the job entails.

“Your company stood out when I was researching the leading IT Solutions companies. I am aware of your dedication to the development of innovative consumer products and I believe that this role would be the perfect fit considering my strong IT background.”

Why do you think you are suitable for this role?

Explain how your skills, knowledge and experience match the job outline, while also explaining your motivation and goals.

“I have always wanted to work as graphic designer that embraces change and provides great user experience. My studies have helped me to develop key artistic and organisational skills, while the experience that I gained from working on the school magazine has been the ideal preparation for a job in this field. I would relish the opportunity to be part of the team that works on your upcoming projects to learn more about the processes involved.”

Can you briefly outline your relevant skills and experience?

Even if you haven't got any direct experience, yet, you can still highlight any transferable skills that relate to the role. Turn your answer into a positive one by making it clear that you want the job in order to gain experience in the area.

“Although I haven't had the opportunity to get work experience in a marketing company yet, I have already created high level concepts that have been used by the organisation where I volunteer, I was the copywriter on a number of marketing



campaigns through the school magazine and have generated interest in my work through my website, which I designed myself.”

Can you give us an example of how you made a positive contribution to a team and what the outcome was?

Talk about a time that you were recently expected to achieve a goal in a team setting. Discuss how you went above and beyond to ensure that your contribution made a difference.

“I was elected as captain by my soccer team and committed to winning a few games this season. Along with the coach, I implemented a reward system and encouraged everyone to attend extra training and organised some workshops with other professionals.”

Tell us about your strengths

Identify two or three of what you’d consider to be your best attributes. If you’re struggling to think of what they are, what do you often get good feedback for? Make sure you mention how they’d be an asset to the job you’re applying for.

What are your weaknesses?

You don’t want to undersell yourself or turn off employers, but you also don’t want to say nothing. This is an opportunity to show your self-awareness. Follow up with how you’d like some professional development in that area and mention how you’ve already been working towards it – a specific goal that you’re working towards perhaps?

For example, if you’re a bit shy, you could talk about ways that you’re taking on public speaking roles and putting yourself forward for leadership or performing roles at school to.

We all have to start somewhere

You don’t have to wait until you’re applying for a job to start practising how to answer application questions. You could go online and find jobs similar to the ones you think you’d like to apply for, then go to the application page and copy the questions. Write your answers and ask somebody else to read them and suggest ways you could improve.

If these example responses to job application questions have you wanting more tips, you might like to read some other blogs on our website [here](#).

Grow

Money

[5 essential budgeting tips for teenagers](#)

As a teenager, learning how to manage your money effectively is an essential life skill that can set you on the path to financial success. Budgeting not only helps you make the most of your earnings, but also builds discipline and responsible financial habits. In this blog, we’ll explore five budgeting tips specifically tailored for teenagers, helping you to take control of your finances and pave the way for a secure future.

Set clear financial goals

Having clear financial goals is the first step toward successful budgeting – after all, it makes it easier to save if you have something to save for, right? Take some time to identify your short-term and long-term objectives. Are you saving for a specific item, like a new smartphone or a trip? Or do you have more long-term goals, such as saving for university or starting a small business? If you have a goal in mind, you’ll be more motivated to stick to your budget.

Track your expenses

Keeping track of your expenses is crucial to understanding where your money goes and identifying areas where you can cut back or save. Make a habit of recording your spending – this can be through a budgeting app (such as [Buddy](#) or [PocketGuard](#)) or even just in a simple notebook.



Categorise and track *all* your expenses (such as entertainment, transportation, or eating out) to get a clear picture of your spending patterns. This practice will help you make informed decisions and make adjustments as needed.

Differentiate between needs and wants

It's easy to get carried away with impulsive purchases, especially when you're bombarded with ads constantly and online shopping is just so easy. But learning to differentiate between needs and wants is vital for maintaining a balanced budget. Before making any purchase, ask yourself if it's a necessity or a desire. When you focus on what you need first, you can prioritise your spending and allocate any remaining funds toward your "wants" without jeopardising your long-term goals.

Be realistic

A budget acts as a roadmap for your finances, guiding you toward your goals. To create a realistic budget, start by calculating your total income, including allowances, job earnings, and any other sources of money. Next, list your regular expenses, such as school supplies, transportation costs, and personal items. Don't forget to allocate a portion of your income toward savings and emergencies. Ensure your expenses don't exceed your income, and leave room for unexpected expenses. Regularly review and adjust your budget to stay on track.

Save and invest wisely

Saving money isn't just about setting it aside; it's also about making it grow. Explore different savings options available to teenagers, such as opening a savings account or investing in low-risk ventures. We recommend you seek guidance from a trusted adult or financial advisor to understand the various investment opportunities suitable for your age and financial goals before setting out on your own.

Become a budgeting pro

Mastering budgeting as a teenager can have set you up for financial wellness throughout your life. Remember, the earlier you start, the better off you'll be in the long run. Embrace these budgeting tips, and enjoy the journey toward financial independence and success.

You can find lots more info and advice on all things financial on the [Money Smart website](#), or check out some more budgeting tips for teenagers on our website [here](#).

Health & Wellbeing

[Are you getting enough sleep?](#)

We hear everywhere that teens should be getting an average of between 8-10 hours per day of good quality sleep. But [recent studies](#) have shown that many teens aren't getting enough rest at night. So why is it so important to get a good night's sleep, and are you getting enough? Let's take a look.

Why do you need sleep?

Sleep is critical for your overall physical and mental health.

- Your body repairs itself and carries out essential maintenance when you sleep.
- You grow when you're asleep.
- Your brain processes information while you sleep (so it definitely helps your memory and learning skills too).
- Sleep allows you to function effectively the next day by improving your concentration and having higher energy levels.
- Sleep is a mood enhancer (just see how cranky your parents are after too little sleep, or watch a toddler going into melt-down when they're over tired).

What is *good* sleep?

According to the [National Sleep Foundation](#), good quality sleep is summarised as:

- You sleep a total of seven to nine hours in a 24-hour period, more often than not;
- Falling asleep in 30 minutes or less;



- Waking up no more than once per night, or for no more than 20 minutes in total;
- You feel refreshed when you wake up (not immediately – those people are a rare breed – but once you’ve had time to fully wake up);
- You feel alert and productive during the day.

Tips for better sleep

If you’re not getting the required amount of Zs each night, here are some tips that might help.

Get comfy

Make sure you have a comfy mattress and pillow that suits your body type.

If you’re a light sleeper, consider using black out curtains, eye masks, and even ear plugs (but make sure there’s someone around to wake you up if you sleep through your alarm).

Get the temperature right for you by making sure you’re not going to get too hot or too cold.

Establish a good bedtime routine

Back in our cave dwelling years, the signal for humans to sleep was when it got dark...but that’s not so practical in our modern lifestyles.

But you can help your body to recognise it’s nearly time to sleep. This could help you get to sleep earlier, more quickly, and get that better quality sleep.

Warm milky drinks, almond milk, chamomile tea, coconut water, banana smoothies, and tart cherry juice are all reputed to induce better sleep. Do a bit of yoga, meditation, or light stretches, have a relaxing bath or shower, or read a book.

Exercise

Doing some exercise during the day could definitely improve your sleep. There’s no right and wrong way to exercise, so do whatever you enjoy; bike riding, walking, running, skate boarding, swimming, or playing cricket – just try and do a little bit every day.

Get outside

Sometimes you might not see the daylight all that often. Between school, study, and downtime, it can be tricky. But letting your body get more exposure to daylight could help your brain figure out when it should be awake, and conversely, when it should be asleep.

So consider studying on the patio or near a window. Maybe walk to school instead of taking the bus (you’ve just done your exercise for the day too), or take your breakfast outside and enjoy some sun on your face. It costs you nothing and is definitely worth a shot.

Things to avoid

There are some things that are counter-productive to sleeping. You won’t have to avoid them all the time, but you could try cutting them out (or down) in the hours before bedtime and see if it makes a difference.

- Stimulants like caffeine after mid-afternoon; chocolate’s also a potential stimulant so you could try and avoid that too.
- Heavy meals and other indigestion triggers close to bedtime.
- Emotionally upsetting conversations – put them off until the morning if you can.
- Too much activity just before bed.
- Excessive screen time.

Use tools to help you

There are lots of people out there who suffer with insomnia and other sleep issues. While that kind of sucks (especially when you’re one of them), the good news is that there are lots of apps that could benefit you.



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- [Calm](#) has a range of guided meditation, sleep stories and music all designed to help you sleep easier and better.
- [Pzizz](#) uses [psychoacoustics](#) (a combination of sounds that affect the body's responses – from heart rate to breathing, etc.), to help you fall asleep faster and stay asleep.
- [Noisli](#) is perfect for those who can't sleep when it's too quiet, allowing you to create the perfect ambient background sounds.
- [Headspace](#) can help you learn to meditate, which could also help you improve your ability to relax.

- [Sleep cycle](#) will monitor your sleep and could improve it by helping you find problem areas and establish better routines. It also has an alarm which will wake you up when you're in a light sleep rather than a deep sleep, which might make the waking up process easier and more pleasant.

If you can't avoid the temptation of screen time (or you're using an app), then you could try reducing the brightness of your screen, or turn on the [blue light filter](#). While you're at it, try reducing the brightness of the lighting in your bedroom too.

It's also great to set your phone on night mode – it will automatically turn on at night and off in the morning (you select the times) and you won't receive notifications or alerts during that time (but yes, your alarm will still work).

Find out more

Ultimately, improving your sleep habits could make you happier, healthier, and help you study easier.

You can read more health and wellbeing tips on our website [here](#).