

MENTAL HEALTH & WELLBEING

Mental Health & Wellbeing

› **Mental Health & Wellbeing Strategy**

› **Mental Health & Wellbeing resources**

› **The Mental Health and Wellbeing Team**

› **Collaboration and Initiatives**

› Online Resources

Careers

Studying can be a rewarding experience and can help you work towards your career goals. However, studying at university is only the first step toward your career. Trying to decide what you want from your career, identifying job opportunities, and applying for positions can be daunting. It is important to remember that it is OK to have a Plan B - there is no one way to achieve your goals, and sometimes what you think is your goal is just a step toward something completely different.

On this page:

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Western CareerHub

Western has a [Career Hub](#) designed to support you in identifying and achieving your career goals. You can check them out here:

You can [ask career-related questions through CareerHub](#) or speak face to face on Mondays, Wednesdays and Fridays from 12 pm. Call Careers on 02 4736 0424 to book an individual consultation or email careers@westernsydney.edu.au.

If you're not sure you're ready to connect with [Career Hub](#) yet, below are a few other strategies that might be useful.

Strategies to support your career goals

Consider the possibilities

You may already know what you would like to do when you graduate - for instance, a specific degree like Nursing often leads towards a career in nursing. However, some degrees are broader, and even careers like nursing have a huge spectrum of possible jobs in many different roles and settings. It's OK not to be sure yet but having some idea of where you would like to end up can help you plan out how to get there.

Identify your personal values, interests, and opportunities.

Understanding your strengths, weaknesses, and interests is important when considering your career options. They can help you work out what career paths might be best suited for you. Spending some time self-reflecting and thinking about what you'd like to get out of a job can help. Ask a trusted family member or friend for feedback.

Research your options

You can research employment outcomes, starting salaries and further study information by discipline with [The Good Universities Careers Guide](#).

[JobOutlook](#) and [Myfuture](#) are other websites with information about careers, work transition and pathways.

[Where do graduates go?](#) has information on which careers and the types of roles that graduates move into. Even within the same degree you can see the diversity of roles that students end up in.

Learn more and make connections

Understanding what experiences, opportunities, and challenges you might encounter in your chosen career can also help you understand more about whether a particular career is right for you. One of the best ways to achieve this is talking to people who are in the career you're investigating.

Network: Make friends with your peers, join student interest groups, attend job fairs and employer information sessions – actively seek opportunities to get information about your preferred career. There are a number of program related and academic clubs available at Western which can be found via [WesternLife](#). If you're not sure how to get started with networking, have a look [here](#) for a guide.

Make connections online: Signing up to websites such as [LinkedIn](#) can help build your network.

Join a professional organisation or association: Many professional organisations have student memberships that allow you to learn more about your chosen profession, current issues, and provide a pathway to start establishing a professional network.

Graduate programs. Graduate programs are formal, structured programs generally within larger business and government organisations requiring students to go through a formal recruitment process including online applications, interviews, psychometric testing assessment centres, which can last up to 6-9 months. Most graduate program roles commence around February though some may start mid-year – make sure you check application dates.

Graduate experiences are varied, generally providing 1-2 years of on-the-job experience, a network of other graduates, and the opportunity to rotate through different roles. Check out some of these resources:

[Grad connection](#) - Graduate programs, internships, and vacation programs

[Grad Recruit](#) – Graduate jobs and career advice

[Grad Australia](#) – Graduate programs, internships, and vacation programs

Finding and applying for positions

Cover letter and resume. The most important element of finding and applying positions is ensure you have a polished application including a cover letter and resume that are tailored to the job you are looking for. Western's [Career Hub](#) has some great resources and can help you develop your resume. Sydney University also has some great information [here](#).

Work and my studies

Working while you study can be a great opportunity to build real-world skills, gain valuable experience, add to your resume, and make money before you graduate. If this is something you're considering, have a look at our page on [Balancing university and work](#) for tips on how to make it work for you.

Western's [Jobs On Campus](#) program provides opportunities for work right on campus for Western students. You can sign up to get alerts which let you know when new opportunities for paid work are available.

Alternatively, volunteering can be a great way to gain many of the same benefits as paid work. Check out volunteer opportunities in NSW through [Make A Difference](#), or try [GoVolunteer](#), an initiative of Volunteering Australia.

As mentioned above, Western Sydney University has careers resources available to support you through the WSU Careers Toolkit. You can access your [Careers Toolkit through CareerHub](#) using your Western Account ID and password. The careers toolkit includes:

- **Career Planner tool** to help plan your future
- **E-Learning courses** on a variety of work and career topics
- **Employer videos** tell you what employers really think
- **Practice Tests** to help you prepare for your interviews

University support

- **WSU [Careers Service](#).**

The Careers Service can help you plan your career, provide feedback on your resume, help with your job hunt, and prepare for interviews. You can [ask career-related questions through CareerHub](#) or speak face to face on Mondays, Wednesdays and Fridays from 12 pm. Call Careers on 02 4736 0424 to book an individual consultation or email careers@westernsydney.edu.au

- **WSU [Counselling Service](#).**

Students can access free, short term, confidential counselling services. Face to face, Zoom or phone appointments can be made by telephoning 1300 668 370. Our office hours are Monday to Friday 9.00am - 4:30pm. Alternatively, or email counselling@westernsydney.edu.au

- **WSU [Disability Service](#).**

The Disability Service is free to access with Disability Advisors assisting students to meet their full potential. If you have a diagnosed physical, psychological or medical condition that impacts on your studies, you may be eligible for an [Academic Integration Plan \(AIP\)](#), developed by the Disability Service. Contact the Disability Service on 1300 668 370, email disability@westernsydney.edu.au or make contact via [WesternNow](#).

- **WSU [Welfare Service](#).**

Academic, Personal and Financial Hardship, International Support and Accommodation: 1300 668 370 or via [WesternNow](#).

- **Multifaith [Chaplaincy](#)**

Multifaith Chaplaincy can provide confidential conversation and care, support for stress management and anxiety with links to religious groups and faith communities. For more information, please call Daniel Jantos on 0402771543 or email d.jantos@westernsydney.edu.au.

- **WesternLife**

[WesternLife](#) - Join thousands of students at Your Virtual Community to share experiences, learn new things, connect with new friends, and engage with events or discussions that interest you!

- **Disruption to studies**

Consider applying for [Disruption to Studies](#) and [Requests for Extension](#) if you feel as though your studies have been significantly impacted.

- **Deferred Exam**

[Deferred Exam](#) – You can apply for a Deferred Exam no later than 5.00 pm on the second working day after your scheduled exam if you are unable to attend a final exam due to serious illness, misadventure or other exceptional circumstances beyond your control. Submit a [Student Form](#) and attach supporting documents online for application.

- **Withdraw Without Academic Penalty**

[Withdrawal Without Academic Penalty](#) is an option available after the Census Date of the teaching term provided that you meet eligibility.

- **Leave of Absence**

A [Leave of Absence](#) is a temporary break from studying. Once you have completed one or more subjects in your enrolled program, you can apply for a Leave of Absence. A Leave of Absence can be taken as either six or twelve months. The maximum amount of leave you can take during your program is twelve months. Please note, you must submit your application before the relevant census date

If you are considering any of these options, please reach out to the counselling service for support and guidance. If you are an international student, please make sure you seek advice particularly if you are considering withdrawing without penalty or taking a leave of absence as these may have [implications for your visa conditions](#).

Community support

- **[Lifeline](#)**

Lifeline (24 hours crisis counselling) - **13 11 14**

Lifeline SMS Counselling Service - between 6pm- Midnight you can text **0477 13 11 14** and somebody will text you back! You can find more information [here](#).

- **[Mental Health Telephone Access Line](#)**

Available 24/7 to everyone in NSW on **1800 011 511**. Provides professional help and advice and referrals to local mental health services.

- [Headspace](#) is a community service which provides free online and in-person support for young people with finding jobs and meeting your career and study goals, as well as offering career mentoring.
- [Workforce Australia](#) is an Australian Government service which helps connect people and employers in many kinds of jobs.

Resources

- [Websites](#)

- [Podcasts](#)
- [Videos](#)
- [Apps](#)

Websites

[Indigenous Employment Australia](#) is an Australia-wide website with jobs for Aboriginal and Torres Strait Islander people.

UNSW has an [international student careers resource](#) page, including an International Student Employability Guide resource found on this page.

[Workforce Australia](#) is the Australian Government job seeking service

[LinkedIn](#) is a popular website for networking, job seeking and creating professional connections

The following are popular job search sites which contain job listings and allow you to create a profile and apply directly for jobs:

- [Seek](#)
- [CareerOne](#)
- [Jora](#)
- [Indeed](#)

Each of these websites also offers useful career advice, such as through [Seek's career advice](#) tab.

Podcasts

My Millennial Career

This podcast with information designed to help you whether you're changing industries, getting your first job, or trying to get a pay rise.

<https://podcasts.apple.com/au/podcast/my-millennial-career/id1489007760>

<https://open.spotify.com/show/47b6oC3F60l6G0OrqHTP9v>

Videos

How to choose the right career path

<https://www.youtube.com/watch?v=zhpcgpqWc1Q>

Best Networking Tips: How to Make a Connection

<https://www.youtube.com/watch?v=OVf5c7NthSw>

Apps

Each of the websites listed above in the [website resources](#) section also has an app available which provides access to their services on mobile devices:

- [Workforce Australia](#)
- [LinkedIn](#)
- **Seek**: available for [iPhone](#) and [Android](#)
- **CareerOne**: available for [iPhone](#) and [Android](#)
- **Jora**: available for [iPhone](#) and [Android](#)
- **Indeed**: available for [iPhone](#) and [Android](#)

Still struggling?

If you are still struggling, reach out to the WSU counselling team for support and advice. If you prefer to seek support from a service outside of the university, it may be helpful to speak to your General Practitioner regarding a [Mental Health Care Plan](#) and referral to a psychologist, or you can speak to a counsellor or other health professional.

Remember you are not alone and there will always be someone out there who is willing to stay with you through your hard times.

Please find the attached PDF document [here](#).

References

[Western Sydney University- Career Hub](#)

[Western Sydney University- Careers](#)

[The Good Universities Careers Guide](#)

[JobOutlook](#)

[Myfuture](#)

[Where do graduates go?](#)

[Western Sydney University- WesternLife](#)

[Job networking tips](#)

[Grad connection](#)

[Grad Recruit](#)

[Grad Australia](#)

[Sydney University- Career planning](#)

[Western Sydney University- Jobs On Campus](#)

[Make A Difference](#)

[GoVolunteer](#)

[Headspace](#)

[Workforce Australia](#)

[Indigenous Employment Australia](#)

[UNSW- International student careers resources](#)

[LinkedIn](#)

[Seek](#)

[CareerOne](#)

[Jora](#)

[Indeed](#)

[Seek- Career advice](#)

[My Millennial Career podcast](#)

[Youtube- How to choose the right career path](#)

[Youtube- Best Networking Tips: How to Make a Connection](#)

[Workforce Australia app](#)

[LinkedIn app](#)

[Seek app- Apple](#)

[Seek app- Android](#)

[CareerOne app- Apple](#)

[CareerOne app- Android](#)

[Jora app- Apple](#)

[Jora app- Android](#)

[Indeed app- Apple](#)

[Indeed app- Android](#)