If you are interested in becoming a counsellor, there are at least four study pathways you can undertake after school.

1. Psychology: “studies the human mind and behaviour. Studying psychology provides students with a comprehensive understanding of behavioural and mental processes. Psychologists are experts in human behaviour and emotion, with practical and research skills that can be applied to a wide variety of fields that include health, education and management.

Clinical psychologists help with the diagnosis and treatment of mental illnesses across the lifespan. Most psychologists also help mentally healthy people to find ways of functioning better. For example, they train people to handle stress and family problems”. Taken from Australian Catholic University website, www.acu.edu.au/610230

It takes a minimum of six years of study and training to qualify as a registered psychologist and further study and training to be recognised as a specialist in one of the following areas:

• Clinical
• Forensic
• Organisational
• Community
• Education & Developmental
• Counselling
• Clinical
• Sport & Exercise
• Health

For detailed information about the pathways available to become qualified, go to the Australian Psychological Society website- http://tinyurl.com/lu4bwa2

To start your pathway, you will need to complete an Australian Psychology Accreditation Council (APAC) approved three or four year Bachelor degree with a major in Psychology.

For a list of approved courses, go to www.psychologycouncil.org.au/

2. Counselling: “focuses on client’s concerns and difficulties and includes understanding people’s patterns of thoughts, behaviours, feelings and the ways in which these may be problematic in their lives. Studying counselling involves learning how to assist people to develop understanding about themselves and to make changes in their lives. Currently in Australia, counsellors are not regulated.

Training can range from a Masters degree to a Bachelor’s degree or even a 3 day course”. Taken from Australian Catholic University website, www.acu.edu.au/610230

Generalist counselors cannot undertake the in-depth counseling and assessments a qualified psychologist can.

3. Social Work: “Social workers undertake roles in casework, counselling, advocacy, community engagement and social action to assist people at both the personal and social level. They also contribute to policy development, education and research, particularly on issues of social justice, disadvantage and marginalisation.

Social workers are concerned with the wellbeing of individuals, families, groups and communities and always work with people in the context of their physical, cultural, social and structural environments.

Social workers are employed in a range of government, non-government and community agencies such as hospitals, community health centres, early intervention and child protection programs, family support services, schools, employment services, mental health services, justice, housing, disability and aged care services”.
“Many social workers who work privately in clinical roles apply for accreditation as a mental health social worker. This means that these social workers are eligible to provide psychological services through some government assisted programs”

Information above copied from the Australian Association of Social Workers, [http://tinyurl.com/qa8vag9](http://tinyurl.com/qa8vag9)

To become a social worker, you can either complete an accredited four-year Bachelor of Social Work degree or an undergraduate degree (e.g., Arts, Health Science, Human Services) followed by a two year Masters of Social Work.

You can view accredited courses at this link- [http://tinyurl.com/qgle2wv](http://tinyurl.com/qgle2wv)

4. Psychiatry: Like a psychologist, a psychiatrist can undertake counselling, psychotherapy and research. Unlike a psychologist, a psychiatrist must complete a degree in medicine first then undertake several years of specialist education and training to qualify as a psychiatrist.

A psychiatrist is medical doctor who can prescribe medications such as anti-depressants and medical interventions such as electro-convulsive therapy. They work closely with general practitioners, medical specialists and psychologists.

Compared to a psychologist, counsellor and social worker, a psychiatrist can “provide wider range of treatments for severe and persistent mental illness”.

To learn more about studying to be a psychiatrist, go to The Royal Australian and New Zealand College of Psychiatrists website, [http://tinyurl.com/oqdsyzw](http://tinyurl.com/oqdsyzw)

Dave Hammat
Bachelor of Social Work/
Bachelor of Psychology, RMIT

Dave is studying a combined degree in both psychology and social work.

**Overview of my degree:** Psychology scientifically combines all the psychological schools of thought-social, cognitive, biological, humanistic, psychodynamic etc. and explores what we know about human nature. Through this exploration, psychology shows us what influences our behaviour and thinking; it provides us with the knowledge to assist people in setting up protective factors in their life and give a very brief introduction to counselling skills.

Social work - looks at the pragmatic influences on our life, economics, public policy, politics, class divisions, and discourses (ways of thinking and speaking that disempower people e.g. sexism, homophobia etc.). It gives you a deep understanding of how to conduct individual counselling, group work, working with violence and abuse and readies you to be a therapist who’s more frontline (can do case management and do therapy in the car on the way to court or in the homeless shelter) then a psychologist.

**The difference between the degrees** is that undergraduate psychology is not a degree in counselling. Undergraduate social work will ready you to be a counsellor.

**Work experience:** I undertook work experience with Department of Human Services working with high profile criminals for a unit called disability justice. I have spent time talking to State MP’s about social policy at parliament, and with Magistrates to discuss current domestic violence policy.

**The best thing about my course** is that I’ll be qualified world wide, generally to a higher standard than most countries. I’ll never wait for a job as I’ll always be in demand, and when you are working with the lives of people who have endured the most and are on the extreme fringes the content in classes/work is never dull.

To read about the Bachelor of Social Work (Honours)/Bachelor of Social Science (Psychology) combined degree at RMIT, go to [http://tinyurl.com/noqexqt](http://tinyurl.com/noqexqt)
Interested in becoming a teacher? According to an article in the Australian Catholic University magazine “Insight”, a shortage of qualified teachers in Britain has seen teacher agencies recruit heavily from countries such as Australia. To read the full article, go to http://tinyurl.com/q3wxjux

Considering a career in allied health? Social work, speech pathology and occupational therapy students at La Trobe University have just commenced their ground-breaking learning experience at the new Northern Centre of Health Education Research facility.

The building, next to the Northern Hospital in Epping, is fitted with state of the art facilities, which mirror the conditions of real life medical settings. For information about the Centre, go to http://tinyurl.com/lelhx5x

Sports Management internships at La Trobe University: Tom Flood, a Bachelor of Business (Sports Management) student at La Trobe is an excellent example of how students can secure exciting internships.

Tom is currently completing a 1-year internship within the Marketing and Communications team at professional rugby league team the Melbourne Storm and has recently secured an internship in India with the Kings XI Punjab cricket team who play in the Indian Premier League.

Tom will be living in India for two months working across marketing, digital, merchandise and sponsorship while gaining credit for his course. For information about internships available for La Trobe Sports Management students, go to http://tinyurl.com/nq9ywro

Interested in music and science? You can now study a double degree in both areas of passion at Monash University with the new four-year Bachelor of Music/ Bachelor of Science. For information, go to http://tinyurl.com/qhd8qt

Have to move away to study at university? It can be stressful trying to secure on-campus accommodation, as most institutions don’t guarantee you a place. Some universities like Federation University (FU), University of Canberra (UC), University of Wollongong (UoW) and Australia National University (ANU) have a ‘first year’ accommodation guarantee. This means that if you are starting your university course in first year, you will be guaranteed an accommodation place. For more information, go to

- FU http://tinyurl.com/oqkmeem
- UC http://tinyurl.com/qal44pk
- ANU http://tinyurl.com/olhzuvy
- UoW http://tinyurl.com/nchk5xy

agIdeas International Design Forum & Design Futures Secondary School Forum and Careers Expo: These events will run Thursday 14 May and is a must for any student considering a career in design. You will be able to:

- Attend a course expo and speak to representatives from industry and vocational and higher education institutions.
- Learn about the pathways from school into design courses and discover new career pathways.
- Attend a presentation and hear from top designers from Australia and overseas, who will share the secrets of their highly successful careers.

Tickets are available to purchase now. For more information, go to http://ideasondesign.net/
Amazing IT careers day at Monash University: The Faculty of IT at Monash is hosting an exciting day called Take CTRL on Saturday 2 May. The guest speaker will be Morris Miselowski. His job is to analyse how the world will evolve and how this will impact on businesses and people’s everyday lives.

Morris will discuss:

- The job market of the future
- The look of future careers
- The further development of the Internet of ‘Things’ and ‘Big Data’.
- The technical progress to expect in the next few decades.

You will be able to engage in a series of hands-on workshops focussing on IT and entrepreneurship, developing a mobile app, and you may have the rare opportunity to step into 3D data with the next 320 degree Monash CAVE2, and next generation hybrid 2D and 3D virtual reality environment.

For more information and to register for the event, go to http://tinyurl.com/llufw2l

Australian Catholic University Experience Days: Registrations have now opened for the following Experience Days:

- **Ballarat campus**, Tuesday 30 June: Teaching (Early Childhood and Primary), Nursing & Paramedicine.
- **Canberra campus**, Tuesday 7 July: Teaching (Early Childhood and Primary), Secondary Teaching, Nursing & Paramedicine, and Social Work.

Register as soon as possible, as workshops will fill quickly, www.acu.edu.au/97108

Upcoming Events: April

- **At Monash University Seminars**, various dates, http://tinyurl.com/k5fs73x

Upcoming Events: May

- **Focus on Melbourne University Seminars**, various dates, http://tinyurl.com/pcscoqf
- **16: Open Day**, Academy of Interactive Entertainment, Melbourne, www.aie.edu.au

Upcoming Events: June

- **29: Science in the City & Laboratory Tour**, RMIT, Melbourne, http://tinyurl.com/pvsg8fj
- **Experience Days**, Australian Catholic University, Melbourne (29) and Ballarat (30), www.acu.edu.au/97108