Get a head start on your career now!

A Career Counsellor’s Advice

Don’t get too stressed if you don’t have a specific job title in mind while you’re studying. Keep your options open – but don’t just wait and hope that things will work out by the time you finish your degree!

Make the most of any opportunity to explore career possibilities while you’re studying. Research occupations, check newspaper/web adverts and articles, talk to people in the industry, do voluntary work, talk to your lecturers, and see a career counsellor – get active!

Taking a proactive approach to your career development means that you’ll learn more about yourself and the opportunities out there in the world of work – and be much better placed to obtain the job you want when you finish.

Real-world Student

I did numerous pracs through my course at QUT, including for Cricket Australia where I now work. I also had friends who worked at the mines, in corporate settings here in Brisbane and in research. The most exciting thing about my job is the opportunity to travel - next week I’m going to India for the world cup.

Steven Timms

Career help for...

Human Movements

Examples of where your course could lead:

Sample Positions:

- Exercise Therapist
- Exercise Physiologist
- Wellness Consultant
- Occupational Health Officer
- Cardiac Technician
- Sports Administrator
- Corporate Health Officer
- Personal Trainer
- Research Officer
- Performance/ Conditioning Coach

Sample Employers:

- Queensland Health
- Other State Health Departments
- Brisbane City Council
- Gyms & Fitness Centres
- Hospitals
- Athletics/Sports Teams
- Sports Research Institutes
- Corporate Fitness Consultancies
- Small Business Owner

Where you could look for jobs:

- www.health.qld.gov.au
- www.fitness.org.au
- www.sportspeople.com.au
- www.ausport.gov.au/about/jobs
- www.jobs.qld.gov.au
- www.careers.qut.edu.au
- www.seek.com.au
- www.careerone.com.au
- www.mycareer.com.au

Other useful websites:

- www.achper.org.au
- www.essa.org.au
- www.sportsci.org
- www.strengthandconditioning.org
- www.hlth.qut.edu.au/hms/study/careers/index.jsp

Resume tips for Health graduates:


Alternative & Generalist Positions

Human Movements graduates can transfer their skills to other fields such as education, management, marketing, health promotion, policy & program development, event management and research.
QUT Careers & Employment can help YOU prepare for and find the graduate job you want!

We provide a huge range of FREE services and resources to help QUT students and recent graduates with employment preparation and job seeking strategies. Check them out at www.careers.qut.edu.au.

- **QUT CareerHub**: job and employer listings.
- **Careers Fairs**: network with prospective employers on campus.
- **Career Development Programs**: online modules on Resume & Cover Letter Writing, Information Interviewing and Seeking Work Placement or Graduate Opportunities.
- **Resume Feedback**: Our career counsellors can provide constructive feedback on your resume, cover letter and application documents. Email your documents to careers@qut.edu.au and feedback will be returned within five working days.
- **Employer Presentations**: meet prospective employers on campus.
- **Workshops** on Accessing the Workforce, Resume Writing, Interviews and more - the schedule is available on QUT CareerHub under events.
- **Career Counselling**: course and career planning and direction.
- **Career Mentor Scheme**: connect with an industry professional in your field of interest.
- **Info sheets**: Resume and Cover Letter writing, Employment Seeking, Interviews etc.
- **Work experience insurance**

How to increase your employability...

**Start of your degree:**
- Start networking / information interviewing for information about positions and employers for graduates of your course.
- Attend the Careers Fairs and employer presentation sessions on campus.
- Start looking for relevant work experience / voluntary work / work shadowing opportunities.
- Start developing transferable skills (i.e. team work, time management, communication).
- Start thinking about where you want to end up when you finish your degree (what’s your dream job and what steps can you take to get there?).

**Middle of your degree:**
- Continue to build your professional network.
- Gain some relevant work experience.
- Assess which transferable skills you need to build on.
- Attend the Careers Fairs and employer presentation sessions on campus.

**Final Year:**
- Prepare your unique professional resume for graduate work.
- Continue with networking, work experience and skill development.
- Participate in the QUT Career Mentor Scheme.
- Search for job opportunities through the networks you have made.
- Search for job opportunities through advertised positions and job search websites. Remember that for many graduate programs applications

Talk to people about working in your industry – your classmates, lecturers, tutors, exhibitors at careers fairs and employer presentations. Find out what kind of job you might want to aim for.