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

During my course I have been able to get involved in the healthy lunchbox activity that was held at the QUT Health Clinics during National Nutrition Week. Working with the local community gave me the opportunity to implement the knowledge I have acquired during my degree.

Damien McDermid, Bach. Health Science (Nutrition & Dietetics)

Career help for...

Bachelor of Health Science (Nutrition & Dietetics)

Examples of where your course could lead:

Sample Positions
- Dietitian
- Nutritionist
- Community Dietitian
- Community Nutritionist
- Health Promotion Officer
- Health Policy Officer
- Public Health Officer
- Nutrition Consultant
- Food Regulation Officer
- Sports Nutrition Officer
- Consumer Health Educator
- Health Researcher (e.g. medical nutrition therapy, food service management, community nutrition)

Sample Employers
- Queensland Health
- Other State Health Departments
- Gyms & Fitness Centres
- Hospitals
- Major Food Brands (e.g. Nestle)
- Disease Research Institutes
- Corporate Health Consultancies

Where you could look for jobs
- www.health.qld.gov.au (Qld Health)
- www.smartjobs.qld.gov.au (Qld Govt. Jobs)
- www.ncah.com (Nursing Careers & Allied Health)
- www.careers.qut.edu.au (QUT CareerHub job list)
- www.seek.com.au (Australian job site)
- www.careerone.com.au (Australian job site)

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Alternative & Generalist Positions

Dietitians and nutritionists can transfer their skills to other fields such as education, management, public relations, marketing, program management, communications, media, health promotion, policy development and information technology.

Other useful websites
- www.abc.net.au/acedayjobs/cooljobs/profiles/s2116464.htm
- www.graduateopportunities.com
- www.daa.asn.au
- www.nsa.asn.au
- www.aifst.asn.au

Resume tips for Health graduates

- www.careers.qut.edu.au -
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 (first year):**
- 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) through work experience and uni assessments.
- 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 (Years 2 & 3):**
- 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 (Year 4):**
- Prepare your unique professional resume for graduate work. You may also like to create a professional profile on LinkedIn
- 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 close by April of your final year of study

Talk to people about working in your industry – your classmates, lecturers, tutors, and exhibitors at careers fairs and employer presentations. You can also use websites such as LinkedIn to research job roles and employers. Find out what kind of job you might want to aim for.