



December 2010

## Welcome to our Christmas Enews!

Congratulations on finishing another year of school!

Some you have reached the goal of finishing year 12 and we would like to wish you the best of luck with your future! For those of you that are still at high school, good luck with your exams and we look forward to (hopefully) seeing you again next year!

We wish all of you a safe and happy holiday period!  
*The Health Careers in the Bush team*

**PLEASE SEND US AN UPDATED EMAIL ADDRESS IF IT WILL CHANGE NEXT YEAR  
(e.g. if you are graduating or moving schools).**

## What is it really like? Interviews...

### A DENTAL ASSISTANT PROVIDES AN INSIGHT...

#### What would I do as a Dental Assistant?

"Basically our job is to be a couple of steps ahead of the dentist, so we need to have everything ready so that he or she can keep on doing their job without having to think about the other things.

"We also need to let the patient know what's going on. If they're a bit nervous, we need to try to calm them down. We just need to anticipate their needs – and the dentist's needs – so we just need to be listening to what's going on."

To be a good Dental Assistant..."You've got to be very conscious of the time and be good at time management." "The Assistant is the one that needs to be aware of the time, how long the patient is booked in for, how long the procedure is taking, when the next patient is due."

#### What personal qualities does a good Dental Assistant have?

A good dental assistant:

- Is good with his or her hands
- Is able to concentrate and to follow instructions
- Has good communication skills and interpersonal skills
- Has good organisational ability and time management skills
- Is interested in health care work and working with people

"I enjoy being with the people and I like the fact that it's not just sitting at a desk all day."

#### But Dental Assisting is not all perfect Hollywood smile

"I still remember one patient coming in with awful stuff between their teeth." "It sounds really icky, but I get satisfaction out of seeing someone like that come in and when they leave, they are so much better."

"Some of them end up being regular attendees and their teeth are so much better and they seem so much a happier over it too."

## The best things about being a Dental Assistant?

"There are so many different avenues because there are so many different skills. You can work out which area suits you best and then concentrate on that area, or if you like it all, you can still do a bit of everything, which adds to the variety."  
"I also like informing and educating patients on why dental health is so important"

## Where to next?

"Dental Assisting has been a stepping stone for me." "From being a Dental Assistant, I've done a Diploma of Practice Management, which means I can now move into a medical practice or a legal practice, and the basic skills can be passed on. You learn skills you don't even realise you are getting, that you can also pass on into other jobs too."  
(Source: <http://www.careersthatter.com.au>)

## Career Planner...

**It's an effective way to understand what jobs you may be suited to...**

[http://www.careersthatter.com.au/index.php?option=com\\_content&view=section&id=5&Itemid=68](http://www.careersthatter.com.au/index.php?option=com_content&view=section&id=5&Itemid=68)

<http://www.myfuture.edu.au/>

## Videos...

**Want to learn more about a day in the life of an Ambulance Paramedic?**

<http://www.youtube.com/workthatmatters#p/u/31/uOfftvd4a0A>

**Hear from current health students at UQ about what it's like to study the many different health courses available:** <http://www.uq.edu.au/health/careers>

**Have you heard about an Environmental Health Worker?** <http://www.youtube.com/watch?v=5-PtitZYKfK>

**Hear from 6 Indigenous Australians following Allied Health Careers (Physiotherapy, Occupational Therapy, Podiatry and Pharmacy):** <http://www.indigenoualliedhealth.com.au/careers/index.cfm?loadref=26>

**Current Health students share their experiences of studying in rural and remote Australia:**

<http://www.nrhn.org.au/site/index.cfm?display=114293>

**Changes to Youth Allowance from 1 July 2010...will it affect you after you graduate?**

[http://www.centrelink.gov.au/internet/internet.nsf/individuals/changes\\_youth\\_allowance.htm?OpenDocument&source=inf](http://www.centrelink.gov.au/internet/internet.nsf/individuals/changes_youth_allowance.htm?OpenDocument&source=inf)

## Websites...

**Industry Spotlight:** Pathology Assistant:

[http://www.careersthatter.com.au/index.php?page=shop.product\\_details&flypage=flypage.tpl&product\\_id=5&category\\_id=6&option=com\\_virtuemart&Itemid=215](http://www.careersthatter.com.au/index.php?page=shop.product_details&flypage=flypage.tpl&product_id=5&category_id=6&option=com_virtuemart&Itemid=215)

**Want to know what the OP cut off scores were this year?**

<http://www.healthcareersinthebush.com/HighSchoolStudents/CareersintheHealthIndustry/tabid/92/Default.aspx>

**Careers That Matter:** Check out the latest website that is dedicated to bringing you up to date information on careers in health. There are links to YouTube, career planning tools, information for your family and heaps more

[www.careersthatter.com.au](http://www.careersthatter.com.au)

## Scholarships and Cadetships...

**Rural Australian Medical Undergraduate Scholarship Scheme:**

The RAMUS Scheme has a new web site at <http://ramus.ruralhealth.org.au>.

The 2011 application round for RAMUS will open on 9 November 2010 and close on 17 January 2011.

Visit the website for eligibility and forms.

**2 weeks left for Pharmacy Scholarships!**

Applications are now open for both the Aboriginal and Torres Strait Islander Scholarship Scheme and the Rural and Remote Pharmacy Scholarship Scheme. Applications close on 3<sup>rd</sup> December. Visit the website for further details and forms: <http://www.guild.org.au/rural/content.asp?id=222>

## Queensland Health Nursing Cadetships for Indigenous students are now open:

Please contact the Office of the Chief Nursing Officer for more information on [OCNO\\_Cadetships@health.qld.gov.au](mailto:OCNO_Cadetships@health.qld.gov.au)

## Help with relocation and accommodation:

Don't forget the many Scholarships available for Indigenous students to help with study costs, relocation costs, accommodation and text books. Contact the University of TAFE you are applying for to find out their deadlines and criteria.

<http://www.deewr.gov.au/HigherEducation/Programs/StudentSupport/CommonwealthScholarships/Pages/Home.aspx>

## Heading to Uni next year?

### Join your Rural Health Club!

These clubs exist for students who are studying health and are interested in rural health care. Members are from the country and the city and are all interested in improving the health of Australia's rural, remote and Indigenous communities.

**Bond University:** [www.gobushfire.org](http://www.gobushfire.org)

**Griffith University:** [www.hope4health.org.au](http://www.hope4health.org.au)

**University of Queensland:** [www.trohpiq.org](http://www.trohpiq.org)

**James Cook University:** [www.clubrhino.org.au](http://www.clubrhino.org.au)

**Queensland University of Technology:** [www.trohpiq.org](http://www.trohpiq.org)

**University of Southern Queensland:** [www.trohpiq.org](http://www.trohpiq.org)

Students of other Universities are also eligible to join these clubs!

## Events

There are no events scheduled for the remainder of 2010.  
Watch this space for 2011!

## Why are you receiving this Enews?

You have received this email because you have participated in a Health Careers in the Bush Rural High School Visit session at your school or participated in a Health Careers in the Bush Workshop in Townsville, Brisbane, or Toowoomba. We hope you enjoyed the sessions as much as we enjoyed chatting with you about careers in the health industry!

Our E-News will be sent approximately three times a year and will include information such as:

- New websites and links to visit to learn more about careers in health
- Updates on Scholarships and Grants available to help you afford your higher education fees
- Interviews with past HCB participants who are now studying health

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