



# Countdown 3

COUNTDOWN

OCTOBER 2009

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## Have you done all the paperwork?



Many of you have applied for courses for next year, either through QTAC or through interstate admissions centres (eg. UAC; VTAC etc.) Often you are required to submit documentation with statements or copies of documents. Some of you need to submit **portfolios**.



Please check if there are additional admission requirements for any of your chosen courses.

There are certain closing dates that you need to remind yourself about. It would be a great disappointment to miss out just because you haven't remembered. The formal and your exams are important, but don't forget the goal of why you are doing all these Yr 12 activities.



**It is important to keep QTAC informed of any change of address or contact details over the Christmas Vacation period. QTAC may need to contact you!**

## Stefan 2010 Hairdressing Apprenticeships

Applications open now.

For further information, please contact:

Stefan Hair Fashions

Tel: 07 38400000

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

## SCHOLARSHIPS

If you are going to University, you need to check which scholarships you are eligible for. Don't presume you won't get one...because

there are many types of scholarships. If you have made a QTAC application, you need to go to the QTAC site and click on scholarships to register.

## Ranks for current OP ineligible students

QTAC selection ranks for those who are OP ineligible will be available via QTAC's Current Applicant online service from Wednesday, 31 December

Current Yr 12 students who are not applying through QTAC can call QTAC on 1300 467822 to find out their rank.



## You may be able to get money

Students intending to go to university next year should check out their eligibility with Centrelink to receive Youth Allowance. Students on Youth Allowance will receive a student start up scholarship of \$2,254 and if you have to live away from home you will receive \$4,000.

## Schoolies and Drugs

On the next page, Anne Read—the school based youth health nurse has presented important information about keeping safe during schoolies week. For more information on schoolies visit:

<http://www.schooliesweek.qld.gov.au/>



Want a break after Yr 12...take

a Gap Year: Info at Student Support Centre



Stressed about exams...

[Reach Out!](http://www.reachout.com.au)

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

A resource to help students cope with exams

## DO YOU NEED A JOB?

Gold Coast City Council, in partnership with leading employment agencies and a range of Gold Coast employers, invites you to the **FREE Gold Coast**

### Job Matching Expo

Job seekers matched with job opportunities.

### Seminars:-

9.30 & 11.30 Resumes  
10.30 & 12.30 Interview Techniques

**DATE:** Tuesday 27<sup>th</sup> October 2009

**TIME:** 9AM TO 2PM

**VENUE:** Gold Coast Convention Centre



## Schoolies and Safe Partying - Anne Read School Based Youth Health Nurse

Of course you're going to party at schoolies - that's the whole point. But it's important to know about some of the main issues that could affect you and your friends while you're having a good time, and what to do if things don't go quite the way you planned. - Good luck year 12's with your future endeavours'

Hope you all achieve what you set out to do. Have a wonderful but safe schoolies.

### Drugs can alter the way your body functions and the way you feel.

Alcohol, ice, cocaine, ecstasy, GHB, LSD, heroin, inhalants, marijuana, and speed are among the many drugs around these days. There are no controls on what illegal drugs contain - you never really know what you're getting.

***It may be tempting to try drugs during your schoolies holiday, but a range of reactions can be unexpected, unwelcome and in some cases, fatal.***



### What to do in an emergency

If someone becomes ill, it is important to:

1. Call an ambulance (dial 000, anywhere in Australia) as fast as you can.
2. When it arrives tell the ambulance officer exactly what the ill person has been taking. The ambulance officer is interested in helping the ill person. They are not required to call the police unless they are feeling unsafe, there is evidence of criminal activity not relating to the drugs, or there has been a fatality.
3. If the person has collapsed while waiting for the ambulance, lay the person on their side in the recovery position to keep their airways open.

## Drugs and schoolies

### Reduce the risks

Being well informed about safer drug use is important. Of course it's safer not to try illegal drugs but if you use drugs there are ways to reduce the risks involved.

Nightclubs, raves and events can get very crowded and hot. Some drugs, such as ecstasy and speed, raise the body's temperature, while alcohol dehydrates the body.

### Reduce overheating and dehydration

- Take regular rests from dancing - use a chill-out space to rest or recover
- Wear light, absorbent clothing
- Always watch your drink to avoid [drink spiking](#)
- 'Sip don't skol' - sip half a litre of water an hour - don't skol it all at once

### Don't do it alone

- Make sure someone else knows what you are taking in case you become sick or unconscious and need treatment.
- Look after each other when using drugs and don't take drugs on your own - if things go wrong you'll need someone to get help
- If someone collapses call an ambulance immediately, turn them onto their side to avoid choking and stay with them until the ambulance arrives - remember, you won't 'get in trouble' for having taken drugs - ambos don't call the police unless there has been a fatality or if people are violent or aggressive.

### Drug use and the law

If you use drugs during schoolies, you may end up dealing with the police. Types of offences you could face include use, possession and trafficking if you possess a 'trafficable quantity' of drugs. This is an amount that is stated in the law and is different for various types of drugs. Note trafficking includes sale or giving drugs away to friends. **All of these offences attract serious penalties.**



### Keep safe

Drugs affect people in different ways for a whole range of reasons so don't assume a drug will affect you in the same way that it affects others. **Remember, no drug use is safe** but if you do use drugs there are some things you can do to reduce harms to yourself and others:

- Plan ahead so you don't do anything that puts you in a risky situation
- Don't mix drugs - mixing drugs with alcohol or another drug may cause serious side effects
- Don't drive, swim or operate heavy machinery after taking drugs as there is an increased risk of harming yourself or others
- Don't take all the drug at first - a little bit will let you see how it affects you
- If you are having sex, use a condom to avoid contracting HIV/AIDS, sexually transmitted infections or an unwanted pregnancy.

## Do drugs have the same effect on different people?

The effects of any drug vary from person to person. Things like the type of drug, who is taking it (gender, health status, age, weight, state of mind, experience with drugs), how much is used, how the drug is taken will all have an effect on a person's reaction to a drug. How dangerous a drug is also depends on the environment where the drug is used, e.g. whether you are alone, or are with others or at a party.