



Country
Universities
Centre
MOUNT ISA

SCHOOL LEAVER DIGITAL TOOLKIT

2026

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Scan this to access all
the links provided in
the toolkit





WHAT IS THE SCHOOL LEAVER TOOLKIT?

The School Leaver Toolkit is a collection of resources and information designed to help young people to make informed decisions about their future after school.

The toolkit guides exploration of options such as further education, training, or entering the workforce and provide support to develop essential life skills for adulthood including financial management and planning.

**Finishing High School?
Feeling lost on what to do next?**

CONNECT TO YOUR OWN 

Watch your interests

Focus on what you enjoy doing or think about often, write down at least five things and continue to observe yourself

Investigate your options

Write five things you would like to do and research five more options you may not know about, repeat this often in your final year of school

Follow your dreams

Dream big and never make decisions based on pleasing others

I am interested in ~~~~ and I will see where it leads me"

You do not have to commit to your choice if you hate it, try something else and keep moving forward



>> [Amba Brown: How to find your perfect path after school](#)

>> [What is career education in QLD?](#)

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WHERE DO WE START?

As a first step to preparing for your departure from school, consider all of your possibilities and supports available to you. The below links outline a small portion of recourses available; they will give you a great headstart.

USEFUL LINKS AND RESOURCES WHEN YOU ARE LEAVING SCHOOL

>> [My QCE](#)

A website with useful resources and worth exploring in free time to know what is required to obtain a Queensland Certificate of Education.

>> [The Australian Tertiary Admissions Rank \(ATAR\)](#)

Information about what you need for the tertiary education application.

>> [School Leavers Guide by Department of Education](#)

Useful information on a broad range of industries, careers and vocational education and training options.

>> [School Leavers Information Kit by Your Career \(Australian Government\)](#)

This document includes the information that you need for life after school.

>> [Leaving school for people with disability](#)

Useful resources about support available after leaving school.

>> [Information for Aboriginal and Torres Strait Islander young people](#)

Find information and support relevant to you to make informed career and pathway choices.

>> [My Future by Education Services Australia](#)

Take the first steps to managing your career. Discover your interests and strengths to help make the best career decisions possible.

CONSIDER YOUR PATHWAYS TO EDUCATION

CUC Mount Isa has another toolkit dedicated to all pathways to higher education, including early admission, academic requirements and financial support resources. View the toolkit [here](#).





Are You Ready to Explore Different Options

University

Study academic subjects at a higher level to earn degrees. Ideal for careers needing formal qualifications like law, teaching, or science.



TAFE & Apprenticeship

Hands-on learning through TAFE, apprenticeships, or traineeships. Gain practical skills and qualifications while working in trades, services, or business.



Work

Start earning straight after school. Build independence, gain experience, and explore career interests through full-time, part-time, or casual jobs.



Gap Year/ Volunteering

Take time off to travel, volunteer, or work. Helps build life skills, confidence, and clarify future goals before committing to study or work.



Online Learning & Other

Flexible study from anywhere, plus options like starting a business, joining the military, bridging programs, or combining work and study.



MORE RESOURCES ON PATHWAYS TO EDUCATION

ARE YOU THINKING OF PURSUING YOUR DREAM THROUGH EDUCATION?

We strive to help every student identify their aspirations and options, empowering them to confidently take the next step towards Tertiary Education.

It's a unique opportunity for the students to build their own study journey.



[Relocation /CUC Mount Isa](#)

[Scholarships / Financial Support](#)

[Pathways](#)

[Early Entry](#)

[Academic Entry](#)

[Options](#)

You do not have to do this alone!



CONSIDER YOUR PATHWAYS TO EDUCATION

Pre-study toolkit is designed for students who are ready to explore their Tertiary Education. This provides the students a platform where they can access and find relevant resources related to university, VET application and course selection.

>> Access the digital toolkit here.

SCHOLARSHIPS & FINANCIAL SUPPORT

Students can explore a variety of scholarship/financial support opportunities to help with their study costs.

Students should first identify their eligibility for the specific scholarship/financial support such as academic merit, citizenship, or specific course enrolment. Next, they must locate and meet the application requirements, which typically involve completing an online application form, submitting academic transcripts, and providing a statement of purpose. Finally, they should submit the completed application well before the closing date, following all instructions carefully.

Useful Links

National Support Queensland Government Financial Support Info Study Assist Loans and Scholarships Free Email 1461 2025	Local Support Mount Isa Employment Partnerships Improving Queensland Innovative Pathways (Education) CUC Mount Isa JCU Student Travel Subsidy	University Links Queensland University of Technology James Cook University University of Southern Queensland Tip: Search for your selected university's scholarships page
Prac & Relocation Tertiary Access Payment (relocation) Commonwealth Prac Placement Nursing and Midwifery Regional, Rural and Remote Student Placement Allowance	Scholarships Study Australia Studies in Australia Univest STEM Scholarships AusIMM (Mining) Scholarships Energy Queensland (Engineering)	Australia Indigenous Scholarships & Funding Commonwealth Teaching Scholarships Australian Rotary Health Australian Indigenous Education Foundation Indigenous Pathways Portal



What is Gap Year?

A gap year is a period between high school and university when students take a break from their studies to pursue other activities, which could include travel, work, personal development or volunteering. It offers valuable time for self-reflection, personal growth, and making more informed decisions about life and future goal.

Self-Discovery

Gain a clearer understanding of personal goals, interests, and values.



Prevent Burnout

Recharge and avoid burnout from intense academic work periods.



Gain New Perspectives

Broaden one's worldview and develop maturity and independence.



Enhance Future Opportunities

Improve performance in college or career after a period of growth and reflection.



Explore Interests

Dedicate time to explore a passion or discover a potential new career path.



ARE YOU READY TO TAKE CHARGE OF YOUR OWN DESTINY?

The thought of life after high school can feel exhilarating and overwhelming in equal measure. Whether you're heading to university, taking a gap year, or jumping straight into the workforce, one thing is for sure – transitioning from high school to adulthood brings a new level of freedom, independence, and responsibility. But how do you manage the shift from a structured school environment to a world where you're expected to take charge of your own destiny? The answer is simple you must learn essential life skills.

ESSENTIAL LIFE SKILLS EVERY SCHOOL LEAVER SHOULD LEARN:

PRACTICAL AND DOMESTIC SKILLS

These are the essential, hands-on abilities needed for self-care and independent living, covering areas like personal hygiene, cooking, cleaning, money management, home maintenance, and navigating community services. These are fundamental life skills that foster independence, confidence, and well-being by enabling individuals to manage their daily lives effectively.

COGNITIVE AND PROBLEM SOLVING SKILLS

These mental processes used to understand information, make decisions, and overcome challenges. Cognitive skills are the underlying mental tools, such as analytical thinking, memory, and creative thinking, that enable problem-solving, which is the process of defining a problem, generating and evaluating solutions, and executing a plan to achieve a goal.

PERSONAL AND SOCIAL SKILLS

These skills are crucial for personal well-being, positive relationships, academic success, and effective participation in work and community life.

Examples: communication skills, time management, emotional intelligence, adaptability and resilience, goal setting and motivation.

DIGITAL SKILLS

Digital skills involve using technology to communicate, find and manage information, and problem-solve, while professional skills include abilities like critical thinking, communication, adaptability, and teamwork that enable effective work performance



LOCUS OF CONTROL: WHO'S IN CHARGE

Locus of control is a psychological concept that explains how people understand the causes of events in their lives.



Internal locus of control

People believe that their own actions, effort, and choices affect what happens to them.

"I passed because I studied hard."

>You are usually more motivated, confident, and willing to take responsibility.



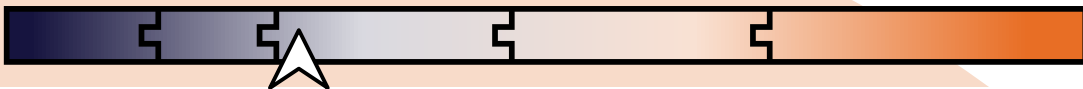
External Locus of Control

People believe that outside forces like luck, fate, or other people control what happens.

"I failed because the exam was unfair."

>You may feel less in control and less motivated to try.

INTERNAL



EXTERNAL

Locus of control affects motivation, decision-making, and how people handle success and failure. Most people have a mix of both types, but believing you have control over your actions can help you succeed in school, work, and life.

SELF-EFFICACY: BELIEVING YOU CAN DO IT

Self-efficacy is your belief in your ability to succeed at specific tasks or challenges.

It's not about being "naturally smart" or confident all the time — it's about **believing**

"I can figure this out and improve if I put the effort in."

Why Self-Efficacy Matters After School

As a school leaver, you'll face new situations where there are no clear instructions:

- Starting a job or apprenticeship
- Studying at TAFE or university
- Managing money and time
- Learning skills from scratch



"This is difficult, but I can learn how to do it."

A person with strong self-efficacy is more likely to say:

"I'm just not good at this."

A person with low self-efficacy is more likely to say:



>> [Locus of control](#)

>> [Importance of Self-Efficacy](#)

HOW YOU CAN STRENGTHEN YOUR SELF-EFFICACY

1

START WITH SMALL WINS

Confidence grows from experience.

- Break big goals into small steps
- Each completed step proves to your brain: "I can do this."

Skills are built, not discovered.

Instead of: "I need to be good at this job."

Start with: "I'll learn one task well this week."

LEARN FROM MISTAKES (DON'T LABEL YOURSELF)

2

Mistakes don't mean you're bad at something — they mean you're learning.

- Replace "I failed" with "What can I improve next time?"
- Avoid labels like "I'm bad at maths" or "I'm not academic"

3

WATCH AND LEARN FROM OTHERS

Seeing people like you succeed increases your belief that you can too.

- Learn from classmates, coworkers, or mentors
- Ask how they learned, not just what they achieved

You don't need fake positivity towards yourself, just be fair and supportive.

If they learned it, you probably can as well.

PAY ATTENTION TO HOW YOU TALK TO YOURSELF

4

Your inner voice matters.

- Notice negative self-talk ("I'll never get this")
- Replace it with realistic encouragement ("This is hard, but I'm improving")

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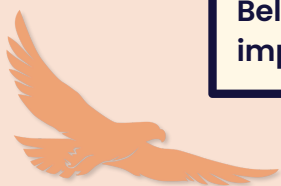
PUT IN THE EFFORT, EVEN WHEN MOTIVATION IS LOW

Self-efficacy grows from action, not waiting to feel confident.

- Start before you feel ready
- Confidence often comes after effort, not before

If starting is daunting, visualise yourself doing it and then follow with action.

Believe that with effort, learning, and persistence, you can improve, it is one of the strongest predictors of success



USEFUL WEBSITES

Australian Government School Leaver Programs

[Trainee, Apprentice and School Leaver Programs](#)

[Australian Government School Leaver Program - AGSLP](#)

[Australian Government Entry Level Program](#)

[ATO School Leaver Program](#)

[Websites to Help You by Australian Government - Your Career](#)

[Austrade Entry Level Program](#)

Queensland Government Funded School Programs

[Gateway to Industry Schools Program](#)

[School- Based Apprenticeships and Traineeships](#)

[Certificate Training](#)

Industry Programs and Employment Pathways

[Glencore Mount Isa Mines School Leavers Program](#)

[Powerlink Transmission Apprenticeship](#)

[Mount Isa City Council Careers and Employment Pathways](#)



Other Helpful Support

Are you curious about what else you might need to know, we put some further links together for you.

MENTAL HEALTH AND WELL BEING SUPPORT

- [Find Services-How to get help](#)
- [Managing your thoughts](#)
- [Mental Well-being government initiatives](#)

HOUSING

- [Moving out of home](#)
- [Accommodation support](#)
- [Assistance for young people moving to independent living](#)

YOUR RIGHTS

- [Consumer rights, complaints and scams](#)
- [Workplace Rights](#)
- [Human Rights](#)

KEEP HEALTHY

- [Diet and Exercise](#)
- [Health and medical services](#)
- [Safe Places to hang out](#)
- [Sport and recreation](#)

YOUTH SUPPORT SERVICES

- [Find a youth support service](#)
- [Youth Learning Programs](#)
- [Information on School Leavers](#)



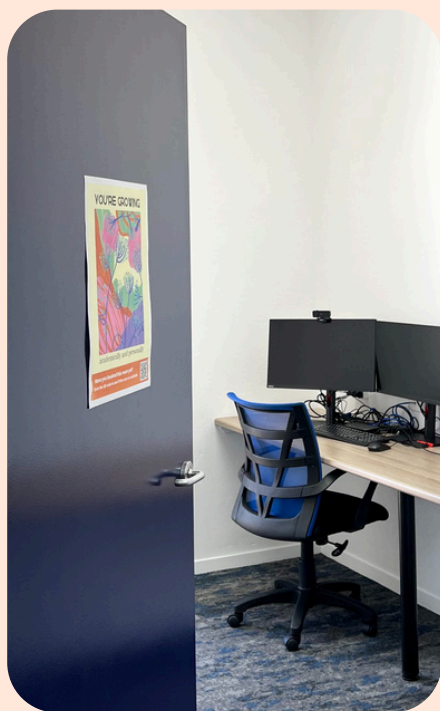
HOW CAN CUC MOUNT ISA HELP?

CUC Mount Isa is here to help. See one of our [CUC Mount Isa staff](#) to help you navigate through university portal and help you with your study options.

Our centre is a safe, supportive, inclusive and welcoming environment for tertiary education students. [CUC Mount Isa](#) provides high-quality facilities to students and we're here to support students holistically whether they choose to stay and study without having to leave their community or to attend campuses away from our region.

If you have questions about the support we provide and facilities, you are welcome to drop by during staffed hours:
8:30-5:00 pm Monday-Friday.

Feel welcome to contact our Centre Manager on 0472 669 919 or email sean.bower@cucmountisa.edu.au



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*Regardless of what pathway
you are taking*

CUC Mount Isa

*is here to assist and support you to
achieve your educational goals.*

We are here for you!

**Visit us online or drop in for a cuppa to find
out how we can help you with your
study journey to higher education.**

Office Hours: 8:30am–5pm Monday to Friday

Address: 16 Miles Street, Mount Isa 4825

[CUC Mount Isa Website](#)



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