

Griffithi

THE **INSPIRATION** EDITION



4 Plan your 21st century career

3.8 Are you ready when opportunity knocks?

2018-2019



WHAT'S INSIDE

Welcome to Griffiti 2018

This edition features stories from students who attend your high school and have strived to overcome challenges to make their futures a reality.

We want their stories to inspire you to be the best you can be in whatever pathway you pursue.

Whether you decide to go to university, TAFE or other

Post-school education, or go straight into a job we want you to have options and choices.

Find out more at griffith.edu.au/diversity-inclusion

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GET INSPIRED

- Take a camera outside and photograph everything that looks beautiful to you.
- Watch your cat or dog and try to emulate your pet's mindfulness and playfulness.
- Watch a TED video to learn about inspiring ideas.
- Search for tweets with the hashtag #inspiration using Twitter.
- Read blogs written by people who have overcome adversity.
- Try something you've always assumed you can't do but secretly wanted to try.
- Immerse yourself in learning something new and forget the limitations of time.
- Create a vision board with pictures of all of the things that inspire you.
- Think about the challenges you face and identify possible solutions.
- Ask someone you love what they consider to be the most important thing they've ever learned.
- Join an organisation of people making a positive difference in the world.
- Disconnect for a while and write in a journal.

Find more inspirations at tinybuddha.com/blog/50-ways-to-find-inspiration-create-explore-expand/

PLAN YOUR 21ST CENTURY CAREER

Sick of people asking what you want to do when you grow up?

Tell them you're likely to have five different careers and 17 jobs across your lifetime. That's the current prediction in the rapidly changing world of work.*

Young people like you are capable, creative, have a highly developed social conscience and are great at problem solving! You have the capability to:

- build a better world using your strengths and continuing your education and training to overcome any skill and knowledge weaknesses
- tap into support and encouragement from family, friends, schools and community groups to keep you on the right career track for you
- investigate where future jobs will be and the skills you'll need to manage multiple careers. Check out myfuture.edu.au to discover job options and explore employment opportunities.

Don't be scared... be prepared

Don't commit to one particular job, consider your career interests and how these may change and develop throughout your life. You may complete an accounting degree and begin as an accountant but later you may become a manager for a large firm, start your own business or even retrain to become a lawyer, a carpenter or a pilot.

In 2030 the New 'Work Smarts' will be:

Smart Doing	Workers will need...
	30 % more time learning on the job
Smart Learning	Workers will spend...
	almost 100% more time at solving problems
	41% more time on critical thinking and judgment
	77% more time using science and mathematical skills
	17% more time using verbal communication and interpersonal skills
Smart Thinking	Workers will need...
	to develop an entrepreneurial mindset due to:
	26% less management
	14% less organisational coordination
	10% less teaching

(Adapted from fya.org.au -The New Work Smart report)



HOW CAN YOU SUCCESSFULLY NAVIGATE THROUGH THE CAREER MAZE?

Do the nine and you'll be fine!

1 Develop your career interests. Find your passion and ambition

4 Build relationships. Communicate and collaborate with others

7 Keep digital skills up to date . Working with technology is essential

2 Be bold and brave. Take a chance

5 Market your strengths. Consider what your employer or client values

8 Strive to be culturally aware (perhaps learn another language). Respect the global context

3 Build your resilience. Bounce back if things don't work out

6 Practise problem solving . Seek creative solutions

9 Seize opportunities. Entrepreneurship is increasingly important across a range of industries

Entrepreneur alert!

Check out Young Social Pioneers (YSP), an organisation open to 16 to 29 year olds who are leading an initiative that seeks to have a positive social or environmental impact. All cultures, religions and backgrounds are encouraged to put themselves forward.

fya.org.au/programs/young-social-pioneers

*Source: fya.org.au

Employment tip!

Ask an employee or employer in an organisation you'd like to work for if you can interview them about their job or business – you'll see this referred to as Informational Interviewing.

They'll be impressed by your interest and they'll get to know you. When they need a new employee your resume will stand out.

Skill alert!

Part-time jobs and volunteer jobs will give you the opportunity to gain communication and cultural competency and financial literacy skills. A volunteer job can turn into a paid position when jobs become available.

volunteeringqld.org.au

For targeted assistance in the job market for migrants and people from refugee backgrounds, contact:

accesscommunity.org.au

RISE OF THE MACHINES



There is a great deal of discussion about whether robots are taking over our jobs and the impact this may have on future career options. The movies paint an alarming future (think *Terminator* or *Transformers*).

However, there are great benefits to the rise of the machines and being able to harness technology in your future career.

So this might be a strange question but when might you see a fur seal and a giraffe in a hospital room? Well the work of Professor Wendy Moyle sees 'Paro' a robotic fur seal and a telecommunication robot called the 'Giraff' in modern hospital and aged care settings.

The Griffith Health Institute's Centre for Health Practice Innovation is using robotics in health care to improve the lives of people with dementia.

Paro, the robotic fur seal (pictured) is a 'social robot' used instead of

live animals to reduce anxiety and stress in people with dementia. Paro is used for robotic pet therapy in situations where live animals are not possible.

This cute fluffy robot responds to touch, temperature, light, voice and even its name. Research has shown Paro improves the mood of people with dementia and reduces their anxiety, agitation and tendency to wander.

In a similar way the Giraff is a Skype-like platform that can allow people at home, in hospital or care facilities to communicate with health providers and family without leaving home and where access to medical support may be limited.

Being able to communicate with family who live far away also keeps people connected when they are isolated or in stressful situations like being in hospital.

These assistive technologies are not meant to replace the important care given to people by health practitioners or family but rather enhance wellbeing.

Over 400,000 people were reported to be living with dementia in 2017. Employment in healthcare is one of the most significant areas of growth according to the Department of Employment.

In 2016 the Australian Bureau of Statistics reported over 1.6 million people were employed in health care or social assistance jobs*.

You can explore exciting career pathways in health at myfuture.edu.au and explore some of the stories in this issue about students pursuing health careers.

*Dept of Employment
Labour Market Portal

A night sky with the Milky Way galaxy visible, running diagonally from the top right towards the bottom center. The galaxy shows various colors, including blue, green, and orange. In the bottom foreground, the silhouettes of three people are standing on a dark, rounded hill, looking up at the stars. The overall scene is dark and atmospheric.

THE BEST
WAY TO
PREDICT
YOUR
FUTURE
IS TO
CREATE IT

ABRAHAM LINCOLN

THE 10 WORK SKILLS YOU'LL NEED BY 2020 AND BEYOND



Self-driving cars, artificial intelligence, quantum computing, social robots, virtual reality — this is not science fiction. The future is here!

The World Economic Forum says we're on the cusp of the Fourth Industrial Revolution. This revolution will be marked by lightning-speed advancements and mind-boggling change bringing advances in digital, physical and biological technologies.

Some of the revolutionary industries of the future include health care e.g. genomics (gene mapping), artificial intelligence for retail and manufacturing, digital marketing, cybersecurity and virtual reality.

So as you consider your future career, what skills will you need to thrive in this brave new world? Regardless of your career choice you will need 'transferable skills' which can take you from one occupation to the another.

Cognitive flexibility: new ways of thinking

Negotiation: interpersonal skills, making persuasive arguments and motivating others

Service orientation: focussing on client needs and being responsive, often using 'big data' or data analytics to see how clients behave

Judgement and decision-making: there is a growing need for employees who can sift through the numbers, find actionable insights, and use data to inform strategy

Emotional intelligence: helps us tune into our behaviours and make personal decisions that achieve positive results

Collaboration with others: working with others to get the best out of others and generate ideas

People management: managers will need to know how to motivate their teams and maximise productivity

Creativity: don't dismiss yourself as a 'non-creative' person, remember that creativity is not the exclusive domain of 'arty' types. It's about ideas generation and new ways of doing things

Critical thinking: harnessing your logic and reasoning to interrogate an issue or problem, considering potential solutions and weighing up the pros and cons.

Complex problem-solving: taking on the challenge of problems with difficult or complex solutions. Problem-solving skills can be improved by playing a lot of video games!

Source: careerfaqs.com.au

VIRTUAL PARTY

Ever felt under pressure to drink alcohol when you didn't want to? Or had a hangover and realised drinking was a bad decision? Could you convince your mates not to drink and still enjoy a night out without pressure? You may feel under pressure to drink before the legal age of 18 years and even when you get to the legal drinking age you may find not everyone has a healthy respect for, or understanding of, alcohol.

UNDER 18
ALCOHOL HAS SERIOUS
IMPACTS ON YOUR
DEVELOPING BRAIN

Alcohol can have serious impacts on your health and well-being and breaking the law can impact your future and your hip pocket. Could you drink responsibly and know your limits? Could you make good choices about alcohol? Do you understand some of the legal consequences?

PURCHASING ALCOHOL
FINE IF YOUR UNDER 18 **\$2,200** FINE TO PERSON
WHO BOUGHT YOU THE ALCHOHOL **\$8,752** FINE
TO THE LIQUOR LICENCE OWNER **\$30,475**

Blurred Minds is a gamified alcohol education program which features online games and a virtual reality experience to become more informed about alcohol and drugs. It features the world's first virtual house party where you can explore what can happen when you make different choices about whether to drink and how much to drink.

0.00 BAC
BLOOD ALCOHOL LEVEL
FOR LEARNERS AND P
PLATERS

Blurred minds has been delivered to more than 3,000 students across Queensland. It is an evidence-based program that has been developed by university researchers from Social Marketing @ Griffith in the Griffith Business School and the University of Queensland CYSAR research centre. Blurred Minds has been co-created with a range of experts

from social marketing, psychology, IT and creative industries to address a serious health issue for young people – responsible use of alcohol.

\$365
THE FINE FOR
USING A **FAKE ID**

Contact blurredminds@griffith.edu.au to inquire about free lesson plans, access to games or a personalised delivery for your school.



READY, SET, GO!

Harry Rodgers is a second year student in Griffith's Bachelor of Business/ Diploma of Languages (Japanese) who is embarking on a Commonwealth Games internship in 2018.

Around 200 students will complete an internship with the Gold Coast 2018 Commonwealth Games Corporation (GOLDOC).

Students will be working in Press Operations, Human Resource Operations, Volunteer Selection, Sport, Engineering and Information Technology. Harry will be working in Spectator Services during his internship.

Harry started at Griffith in 2017 and is already an exceptional student. Harry also has a disability called Arthrogryposis – a congenital condition which contracts muscles and reduces mobility.

Griffith has a strong focus on practical experience. University isn't just about sitting in lectures and hitting the books.

Griffith asked Harry to share his journey to university and why he is so excited by this opportunity.

What inspired you to go to uni?

I really wanted to challenge myself and open up new opportunities whilst meeting new people with similar career interests. I saw university as a way to achieve these goals whilst being able to create a career path for myself.

I felt Griffith was the most accessible and open for those with disabilities and emphasises practical work experience.

How did you get to uni?

It took me quite a while to get to university as I was not sure what I wanted to be. After high school I did various courses through TAFE where I was able to discover my love for business and developed my studying ability and habits.

I eventually used my TAFE study credit to go to Griffith and haven't looked back!

What were some of your concerns about going to uni?

I was concerned about fitting in and making friends. This is something that everyone worries about. However, the Griffith community is amazing and so accepting – anyone can make friends. There are clubs and societies where you can network with others who have similar interests. I highly recommend attending as many as you can!

A major concern was my disability and whether I would be able to complete exams in the allotted time. I talked to Disability Services and we worked together to ensure I was on a level playing field.





Was your disability a barrier?

My disability actually made me more determined to succeed and is my main motivator to keep going when everything seems extremely difficult so I can prove to others that I can be successful. Everyone needs help in their lives and Griffith has an amazing student support network.

Why did you choose Business?

I chose Sports Management and Marketing majors because I have a passion for sports. This will allow me to merge my passion with a career that I will be highly engaged with and provide opportunities to travel in the future.

What's your career goal?

I want to be involved in the business side of sport. I played sports ever since I was a kid and am amazed at the camaraderie and social impacts sports can have not just at an individual level, but also community-wide.

As my GOLDDOC internship has progressed I have become bitten by 'the Games bug' and assessing my future options of becoming a 'games gypsy' (someone who goes working from Games to Games).

Do you have any challenges as a person with a disability at uni?

When I first started at university I was not confident in my academic ability and was worried I wouldn't be able to keep up with others. I had to prove to myself that I could do it. The academic staff are amazing in addressing my questions and are always available for me.

How did you find out about the Games internship? How will it help you with your career?

These internships are exclusively for Griffith students. I felt it was something I needed to be involved with to enrich my studies and directly aligns with my studies. I have amassed such a vast wealth of industry knowledge in such a short period of time that I wouldn't get by just studying. It has also provided me with networks with industry professionals.

What advice do you have for prospective students who are thinking about uni?

University can seem like such a daunting experience and it might be quite easy to dismiss the thought of attending. My advice is to just do it! It is such a special time in your life and opens so many opportunities you thought

may not have been possible. You will look back and be so proud of yourself.

If you are thinking about enrolling but are unsure about university life make an appointment with the appropriate services and discuss your concerns.



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Got a disability and thinking about uni? See page 33 for information on our Tertiary Education Experience or visit

griffith.edu.au/diversity-inclusion



OUT OF HOME

Out of Home...

When the police came to the school I was on stage giving the Year 7 news bulletin. The principal walked up and took the microphone from my hand announcing that the police were waiting to see Vicky* in the office.

I didn't realise it was wrong until my sister ran away. I was mad at her for telling the police, I felt like she was wrecking my carefully fabricated life. A life where my emotions had been put aside to focus on being a house captain, school counsellor and the final accolade, school captain.

At first I denied everything to the police. I had the feeling I had to protect my parents from getting into trouble. Sometimes we were a normal functioning family. In the end I just whispered to mum 'I can't lie anymore'. Even in court I pleaded for them not to be sent to jail. They received a 15 year suspended sentence for abusing us and were put in jail for four months. We were put in foster care for the rest of our school life.

Foster care

I never told anyone at school I was in foster care. At my Year 7 graduation I said my parents had to work and weren't able to be there to see me pick up my academic awards. In fact, the police were stationed outside the school to make sure they didn't try to get in.

My sister and I were always kept together in all of the 12 homes we were placed. We were well-behaved kids but housing was difficult because we wanted to stay at the same school. We had supervised visits with mum and dad but they were never allowed to know where we were living.

School

I felt really lost and a lot of insecurities emerged. School gave me something to focus on and staying at the same school for all my schooling was the only stability in my life. Concentrating on keeping my reputation as a high-achieving student gave me no time to think about what I'd rather shut out.

Career goals

I was planning to leave school

and do an apprenticeship in hairdressing. Then at one of my regular meetings with the guidance officer she said, 'You are getting good grades and I think you have the potential to go to uni.'

Uni-Reach

When the Uni-Reach team came to our school I signed up to find out what uni was all about and how to get there. I studied a Certificate III in Children's Services at school and on the basis of this received guaranteed admission into Griffith University, Logan campus.

My first preference was to study Midwifery but this is a very popular choice and you needed to have very high results. I was accepted into the Nursing degree and my guidance officer told me I could swap into Midwifery at the end of my first year at university.

University

My first semester was really, really hard. I passed but decided it was too difficult and left for three years. However, I didn't un-enrol properly from my subjects which meant I recorded fail grades. This has affected my grade point average (GPA**) so although I've



now been getting distinctions and am in my final semester, my GPA looks like I'm just passing.

Call Centre

I got a job in a call centre and was soon promoted to team leader. After three years they asked me to go and train staff in the Philippines. When I came back they made me redundant so I decided I would go back to uni.

Working gave me the maturity, confidence and leadership skills I needed to tackle uni again.

Nursing experience

I've had practicum experiences in lots of nursing areas while at uni but what I really love is Accident & Emergency (A&E). I love the pace, the variety of presentations and the fact you are always on your feet working. No time to think about the past.

Skills

As well as my clinical skills I think my life experiences have made me less likely to judge people and situations. I'm empathetic and have an ability to comfort people – definitely attributes for a nurse!

Surviving

I still can't fathom the years of abuse; I was so vulnerable. I've forgiven my mum because she is so remorseful but my dad shifts all responsibility and blames my mum's mental health for everything that happened. He has never said sorry.

People ask how I came out of it so well but I have my bad days when it feels like a constant battle. If I'm not keeping busy I'm thinking. It's a bad day when I'm not busy. I would tell other kids in my situation 'things do get better, life is not nearly as tough as it was back then'. My fiancé reassures me and understands when I cry for no reason.

Love

I met Brian when we were at high school and we've been together ever since. I could see how nice he was and I started to like him because he was so soft-hearted. We're planning to get married in March 2019, which gives me plenty of time to finish university, establish a career and plan my wedding!



*The name Vicky has been used to protect the identity of the student in this story.

** A GPA is a grade point average and is usually out of 7 with 4 being a passing GPA. A student's grade point average is calculated by adding up all the final grades received and dividing that figure by the number of grades awarded.

CARE SUPPORT



Need Out Of Home Care (OOHC) advice, support or legal assistance?

YFS specialise in providing information, advice and representation for clients 10-25 years of age who need help with somewhere to live or criminal law matters.

yfs.org.au (07) 3826 1500

Out of home and want to go to TAFE or uni?

The 'What's Next OOHC Fund' assists young people who have been in Queensland State Care by reducing the financial barrier to their participation in vocational education and training (VET). It provides young people with career and training information to support them to make good decisions about learning and employment pathways.

training.qld.gov.au/training/incentives/whatsnextoohc

Need a scholarship to go to uni?

The Care2Achieve Scholarship is for young women moving out of state care in Queensland and planning to undertake higher education studies. The value of the scholarship is up to \$3,500 per annum, depending on the institution and course type.

thesmithfamily.com.au/campaigns/care2achieve-scholarship-for-young-women-leaving-care-qld

Uni-Start Equity Scholarship: Awarded to students applying to Griffith University who have experienced financial hardship and/or education disadvantage that has impacted on their ability to achieve their full potential.

griffith.edu.au/scholarships

National Council of Women Qld bursary offers a range of bursaries for women studying in a variety of study areas and circumstances. ncwq.org.au/bursaries

Need somewhere to live while you study at Griffith?

Griffith University campuses at Nathan, Mt Gravatt and Gold Coast have residential colleges with a range of room options and are also open to students studying at South Bank and Logan.

Accommodation at the Gold Coast campus is privately run by Griffith University Village.

griffith.edu.au/accommodation
universityvillage.com.au

Need free counselling and other support while at Griffith University?

Griffith University Student Services offer students a range of helpful services from counselling and chaplaincy, to budgeting and health services and access for students with disabilities. These services are confidential, professional and are offered at no cost to students.

griffith.edu.au/student-services



THERE SHE WAS - THE LIGHT

Cristina (Uni-Reach Mentor)

There she was - the light
There she was
Engulfed in darkness
From all she has seen
And all that has hurt her

There she was
Left to wilt
Her light diminishing
Her strength faltering

She tries
Despite her uncertainty
To believe
The darkness
Will fade away

There she was
Regaining strength
Finding a new source
To get beyond
The darkness that encloses
She smiles
For she finally believes
It is at the darkest hour
That the light of a new dawn
Finally breaks through

She smiles
For now she knows
The light was within her
Waiting for the time
It was able
To shine

She smiles
For she feels it
Her new beginning
It is coming



GROWING UP MIXED-RACE ON THE GOLD COAST

Angel's Diary

2002 Pre-School

My teacher asks 'Where are your mummy and daddy from?' I say 'Daddy is from England and Mummy is from Indonesia'. Oops it's the other way around!

Year 1

Everyone asks me where I'm from and I tell them Melbourne. Why do they look surprised?

Year 2

No one looks like me. The kids call me names in a stupid voice. They shout 'Asian'. They pick on me for being fat. I cry.

Year 3

When I walked to the bus stop, a boy ran past and yelled, 'fat Asian!' I faked sick to stay home all week.

Year 5

I was ashamed to be Indonesian but now I'm proud. Mum was

offended when I told her that, she said I should be proud to be half English. I started to cry. I don't know where I fit in.

Year 6

I'm nervous about my first day at a new school. I hope there are kids who look like me. I'm scared of being bullied.

Year 7

Today the boys chased me yelling, 'Asian Invasion'. I ran into a classroom and hid. I told a teacher why I was crying and she said 'get over it'. I wish I were dead.

Year 8

First day of high school I'm in a class with no one from my primary school. I hope there are no bullies...

Year 9

I've found some friends who are fun to hang out with! I've also

found a band called Coldplay. Their music helps me with my anxiety. My problems seem to fade away.

Year 10

I'm studying hard and my grades are improving! I think I'm gaining the respect of people in my grade too. I'm seeing Coldplay live – so excited! Their music has changed my life.

Year 11

I wish there were other people in my grade who were interested in discussing things like racism, sexism, and socio-political injustices.

Year 12

Senior year is tough. Other students ask if I can help with their English assignments. People in my class think it's funny that I'm 'miraculously good at English' as I'm 'Asian'. Annoying when I was



Music helped Angel overcome her life issues, perhaps it could help you too. Teenagers vent, share, and creatively express themselves at Mental Music, a music-based podcast created for teens, by teens, focusing on the topic of teenage mental health issues. Check out: mentalmusic.org

born and raised in Australia and have never been to Asia!

Year 12 Awards Night

I can't believe it! I topped five of my six authority subject classes and have been awarded Student of the Year. I think back to every single moment in my life when I've felt insignificant and lesser than others. Why did I allow people to make me feel like that? I think I have a bright future ahead.

First year, Griffith University

It's so wonderful to be surrounded by people from different cultural backgrounds! Like-minded people who are keen to discuss political and social issues. I love university!

Second Year, Semester 1

I've been selected as a Uni-Reach mentor! I go to high schools with a team of university students to work with high school students. I talk to them about what they want

to do in life, about their identity and how they can find their place in the world.

Second Year, Semester 2

I'm off to follow Coldplay as they tour around the country! After all these years they still help me get through tough times.

Third Year (Present day)

My experience of growing up on the Gold Coast in a mainly Anglo community, led to many identity and self-image issues. Now I'm older and wiser. I am able to travel and search for answers about who I am, where I come from and who I want to be. I am evolving into a strong, independent woman and proud of my uniqueness. I wish I could talk to the kid I was and tell her how powerful she was going to be...

Interesting Facts

In Gold Coast 63.9% of people were born in Australia. The most common countries of birth were New Zealand 8.0%, England 5.2%, China 1.3%, South Africa 1.2% and Japan 0.8%.

In Logan, Samoan is the second most spoken language after English.

In Brisbane 71.8% of people only spoke English at home. Other languages spoken at home included Mandarin 4.1%, Vietnamese 1.6%, Cantonese 1.5%, Korean 1.0% and Spanish 0.9%.

Source: censusdata.abs.gov.au/census_services/getproduct/census/2016

UNTIŁ DEBT
TEAR US APART

BALANCING THE BOOKS

Managing your money can be a challenge and thinking about saving money for study or getting a job can also be daunting.

How to manage your money better?

Small changes can make a big difference to your bank balance. Change one thing you do regularly and you could save money.

Some examples are:

- give up buying coffees or soft drinks. That \$4 coffee or soft drink you have each day adds up to \$1460 per year.
- make your lunch at home. This is a cheaper and healthier option.
- borrow books, games and DVDs from the library, second-hand shops or exchange with friends. Use free (and legal) music downloading options like Spotify, Pandora and Sound Cloud.
- use a spending tracker app to monitor where your money is going and get into the habit of checking your bank statements.
- pay for things with cash so you can keep better track of spending money. Paying with your card can be too convenient and you can lose track of how much you are spending.
- set a limit for birthday presents or give homemade gifts.

Setting saving goals

Are you saving for the latest phone, new jeans, car, university, a holiday, or just for a rainy day?

65% of people are confident they will achieve their goals but 43% don't have a clear plan.

Confident savers:

- know how much money is needed
- have a clear savings plan
- regularly review your progress
- have a specific saving time frame
- tell family and friends what your goal is

Sam's situation

Sam's at uni and manages her money carefully with a budget. She is trying to save for an overseas trip and manages to save \$156.00 each fortnight.

"I live in an apartment with my boyfriend; we share the rent, electricity, internet and grocery bills equally. Whenever

our Centrelink payments come through, we pay rent immediately and set money aside to cover the internet and electricity bills" says Sam.

Sam uses the moneysmart.gov.au budget planner to help her manage her budget.

Sam's money-saving tips

- I recommend putting money aside each fortnight for bills.
- Remember to connect to the Wi-Fi at uni so you don't go over on mobile data and get charged extra.
- Cook as much as you can instead of eating out; it's much cheaper.
- Go Op-shopping for clothes.

INCOME	Yearly	Fortnightly
Youth Allowance (+ Rent Assist)	\$13,520	\$520
Part Time Jobs	\$5,720	\$220
TOTAL INCOME	\$19,240	\$740
SPENDING:	Yearly	Fortnightly
Rent	\$7,410	\$285
Electricity	\$871	\$34
Grocery Shopping	\$2,600	\$100
Eating Out	\$520	\$20
Medical (glasses, prescriptions, etc.)	\$144	\$6
Transport/car expenses	\$1,040	\$40
Textbooks, etc	\$156	\$3
Recreation	\$208	\$4
Clothes	\$52	\$1
Mobile Phone	\$660	\$26
Internet	\$360	\$14
Vet	\$1,200	\$51
TOTAL SPENDING	\$15,221	\$584

**Track your spending and set your goals with the spending tracker at www.moneysmart.com.au
Find out about study costs studypassist.gov.au**



FIND YOUR PATH

THE DOOR IS ALWAYS OPEN!

There are many ways to get to university even if you don't gain the OP or Rank you need during Year 12. So don't panic!

Maybe you've heard about 'pathways'? This term means the various programs and options you can take to get into university any time after you've finished school.

DIPLOMA PATHWAY

Completing a Diploma is a great way to ensure you can get into university, as it meets the English language pre-requisite and gives you a rank of 87. Depending on the Diploma you complete and the university program you're interested in, you may get credit (time off the length of your course). Bonus!

CERTIFICATE IV in ADULT TERTIARY PREPARATION (ATP)

This program is known as a

'bridging course' and can assist to meet the pre-requisite and rank requirements for university. Complete the Certificate IV in ATP at TAFE and gain a minimum rank of 79 and maximum rank of 91. Bonus schemes can also boost your rank. You can do ATP at most TAFE campuses in Qld and NSW.

STAT (SPECIAL TERTIARY ADMISSIONS TEST)

QTAC manages this two hour aptitude test that adult learners can take to gain, or boost, their rank for university entry purposes. You can undertake the STAT once you have been out of school at least six months, and are 18 years of age.

ENABLING PROGRAMS

Many universities offer a free pathway program for students who do not meet the entry requirements or who wish to gain further academic preparation

prior to university. For example, the Griffith University Preparation Program (GUPP).

It is really important to be prepared for university study and all of the above options will help you to gain the academic skills and confidence to help you manage, and succeed, at university.

Check out the following websites:

studyassist.gov.au/sites/studyassist/beyond-year-12
youtouni.com.au
tafe.qld.gov.au
qtac.edu.au
griffith.edu.au/apply



AMBER EDWARDS

Amber Edwards is a second year student in the Bachelor of Forensic Science and Bachelor of Criminology (Criminal Justice). Amber came to university as a mature-age student (not straight from school) and shares with Griffith her journey and insights.

I was inspired to come to university as I have always had a passion for science and social justice, and my degree incorporates both of those elements - making for a fun and intriguing education. I started uni a few years after graduating high school saving to make the move to Brisbane. I got into Griffith by doing a mathematics bridging course whilst working full-time in real estate.

I chose my degree because it incorporates my two greatest passions. It also challenges me on a daily basis, which I see

as a constant opportunity for improvement. I want to get into the field of forensic DNA analysis, and potentially design a program for low SES high-schools to support domestic violence victims, as well as instil preventative measures to try and sway the cycle of violence.

One of the biggest concerns for me about coming to uni was definitely the cost. I applied and received a number of scholarships to assist me cover my costs and I get Centrelink as well. I was also concerned about fitting in within a new environment, as I moved 12 hours from a country town in NSW to attend university.

One of the biggest challenges I have faced would be stress management, which I have (sort-of) gotten under control by managing my time and taking it day-by-day. A typical week for

me is usually quite hectic. I work most weekday mornings from 6:30 am to 10:30 am as a barista and then head to uni and study/attend classes until about 5 or 6 pm. I also play soccer so head to training after uni on Monday nights and play on weekends. I make sure I leave my weekends free of study in order to maintain sanity!

If I had advice for others it would be to maintain an active social life amidst your studies. It is essential to give yourself down-time to prevent becoming overwhelmed, and I have also found it useful to form small study groups with friends in my degree to meet up and discuss various topics. I believe it is important not only to learn the content, but to understand, and discussing the study content with friends is a great way to achieve this.

11 THINGS YOU DIDN'T KNOW ABOUT ME ...



1 My hands

My hands in Year 9 were bloody and raw from constant, harsh hand washing. I had Obsessive Compulsive Disorder (OCD) that was out of control. I was sent to a psychologist who asked me to keep a record of every time I washed my hands. Eventually I stopped doing it.

2 My personality

At high school I was very subdued and socially isolated. I live at Beechmont on top of the mountain so I'm geographically isolated as well. I'm quite introverted so socialising is exhausting.

3 My school

I won highest achiever award all five years of high school and was Dux of the school in Year 12 at Nerang SHS. I'm good at recalling information but I'm not so good at critical thinking so it was difficult transitioning to university studies.

4 My sexuality

My mum was worried because I spent so much time in my room. One day she said 'Jake are you worried about your studies, your career, your sexuality ...?' My entire body seized up and I didn't answer. A few weeks later when we were cooking in the kitchen I told her I was gay. It's so important to find someone you can trust to come out to. The first person is always the hardest and then you're over that first hurdle.

5 My mum

I idolise my mum. I love that she's always there for all of her children. Apart from us she's very socially isolated like me.

6 My dad

My father has had drug and alcohol issues. I've witnessed his darkest self-destructive moments and forceful behaviour. He left the family home in my second year of uni and my parents are now finalising their divorce.



My siblings

My three younger siblings still idolise my father. I don't. My younger siblings all have their own emotional problems to deal with. We're going to get family counselling when we have more time.

My eating disorder

My anorexia started at the end of my first year at uni. I remember eating mounds of creamy, insanely good pasta and thinking I should probably work it off. The thought in my head snowballed and I couldn't stop exercising and cutting out meals. I'm currently being treated for anorexia and have learnt to manage it.

My degrees

I graduated with a Biomedical degree in 2016. I love science but I found studying it full time very stressful. I'm now enrolled in an IT degree which is a lot less stressful and I'm excelling at programming. It's so logical but has an element of creativity. When I complete this I'm hoping to combine my skills and have a career in IT within a health setting.

My job at Uni

I'm a mentor for the Uni-Reach program. I go out to high schools and lead small groups of Year 11 and Year 12 students in activities to prepare them for university. This was challenging at first because I was forced to step out of my comfort zone but I've now become much better at public speaking. Learning to be a mentor is the most valuable thing I've been taught at Uni.

My dreams

One day I'll move away from the mountain and travel. Europe is on my bucket list. I'll be a professional, working full time but living a life where I can come home and relax. I'll find happiness outside of my career and will always follow the values I live by. My life experiences are still shaping me; I honestly don't know what sort of person I'll be in 10 years.

Warning: If this story raises any concerns for you please refer to the resources on page 24 or seek help from your Guidance Officer.

RESOURCES

Upfront: brief facts about eating disorders

Eating disorders are serious and complex mental illnesses with serious physical consequences.

Approximately 9% of Australians will experience an eating disorder at some point in their lifetime.

Eating disorders occur in men and women, young and old, rich and poor, and across all cultural backgrounds.

The mortality rate for people with eating disorders is over 12 times higher than that for people without eating disorders.

While most common in young people, eating disorders can affect people of all ages and are particularly associated with life transitions (e.g. puberty, entering high school or university) and major stress.

Many people who have eating disorders may also experience depression, anxiety and alcohol/substance use problems.

Support for mental health and general wellbeing:

Readers who have been affected by this article can contact the organisations below for further information and support.

Looking after your mental health is important. If you or someone you know is experiencing mental health issues these are all free services you can access.

Butterfly Foundation – support for eating disorders and body image issues:
thebutterflyfoundation.org.au
or 1800 334 673

Kids helpline: 1800 551 800

National Eating Disorders Collaboration: nedc.com.au

Headspace provides online or phone support for young people aged 12 to 25 for mental health, general health, alcohol, drug, work and study issues:
headspace.org.au
or 1800 650890

You can also access Lifeline 24/7 for crisis support and suicide prevention: 13 11 14.

Resources and activities to support LGBTIQ students

Youth network for LGBTIQ + youth
www.minus18.org.au

Rainbow network
www.rainbownetwork.com.au

Black Rainbow (for Aboriginal and Torres Strait Islander LGBTIQ+ peoples)
www.blackrainbow.org.au

Beyond Blue
www.beyondblue.org.au

The Pinnacle Foundation provides scholarships for 16 to 24 year old LGBTIQ+ students to undertake full-time education at school or a public institution of higher education in Australia.
thepinnaclefoundation.org/scholarships

LGBTIQ+ inclusion at Griffith

Griffith University has a Pride Strategy which includes regular events including Student Diversity & Inclusion LGBTIQ+ coffee catch-ups throughout the year.
griffith.edu.au/equity/lgbti-inclusion

Griffith University Students Representative Council and the Student Guild also host a range of clubs and activities for LGBTIQ+ students.



Jake's message to students:

'Hold in there. Just keep pushing yourself forward because any issue can be resolved.'

WOULD YOU LEAVE YOUR HOME BEHIND?

Warning: Some of these student stories are from young people who came to Australia as refugees. Some people may find these stories distressing.

Source: *Amnesty International <https://www.amnesty.org/en/what-we-do/refugees-asylum-seekers-and-migrants/>



Mariak

Degree Studying

B Government & International Relations

Country of Origin

South Sudan

Reason for coming to Australia

We escaped the violence of civil war and came to find safety and the possibility of education.

Biggest Cultural Difference in Australia

How easy it is to get a divorce!

Pathway to university

Diploma of Management & Business

Career Future

Working for the United Nations or the Police Service



Sulaiman

Degree Studying

B Government & International Relations – Major Politics & Public Policy & Marketing

Country of Origin

Sierra Leone

Reason for coming to Australia

My father was killed in the conflict when I was four years old. I left behind the trauma of seeing people killed in front of me.

Biggest Cultural Difference in Australia

In my home country we don't distinguish between relatives as Australians do. For example if we share the same grandparents we call our cousins brothers and sisters.

Pathway to university

QCE at St. James

Career Future

Following my interest in linguistics and policy in the immigration area.



Refugees and people seeking asylum* are forced to leave their homes to escape torture and persecution arising from conflict or other crisis. Sometimes they have been specifically targeted because of their ethnicity, religion, sexuality or political opinions.

Migrants leave the country they were born to get a job, an education, escape a natural disaster or to join family members in another country.



Trisha

Degree Studying

B Business – Event Management

Country of Origin

Philippines

Reason for coming to Australia

My father obtained a skilled work visa as a panel beater and brought the family here.

Biggest Cultural Difference in Australia

The Australian accent!

Pathway to university

QCE at Yeronga SHS

Career Future

Event management in a hotel



Ghaith

Degree Studying

Completed Engineering(Civil)
Masters in Civil Engineering/
Project Management

Country of Origin

Iraq

Reason for coming to Australia

Three of my uncles went missing and they've never been found. We came to avoid the kidnappings and bombs in Iraq.

Biggest Cultural Difference in Australia

Drunk people in the street and in clubs. Schoolies was the worst OMG!

Pathway to university

English Language Certificate 4

Career Future

A university professor



Sunny

Degree Studying

B Social work

Country of Origin

Myanmar (Burma)

Reason for coming to Australia

I married an Australian man and migrated here.

Biggest Cultural Difference in Australia

In Myanmar authority is seen as very important and we don't challenge it but in Australia if you don't speak up you are seen as underconfident.

Pathway to university

Diploma of Community Services

Career Future

Working as a social worker in a hospital or aged care facility.



Joshua

Degree Studying

B Medical Laboratory Science (Mum's choice!) Currently deferred and studying Screen Media (Joshua's choice!)

Country of Origin

Liberia

Reason for coming to Australia

Mum married an Australian. She wanted us to come here for a better education and the chance to go to a good university.

Biggest Cultural Difference in Australia

Children talking back to their parents! I was so shocked. In my country the uncles would come and give you a whipping for that.

Pathway to university

QCE at Mabel Park SHS

Career Future

Filmmaker and director



Qalkidan

Degree Studying

B International Tourism & Hotel Management

Country of Origin

Ethiopia

Reason for coming to Australia

We had to flee from political unrest and violence.

Biggest Cultural Difference in Australia

Women's rights! I enjoy the equality between men and women and the multiculturalism here.

Pathway to university

QCE at Yeronga SHS

Career Future

Working in the tourism industry



Q. What support is there at Griffith University for students from refugee backgrounds and others whose first language is not English?

A. The HEADS UP program aims to improve the academic readiness for university and the Stepping Out program is an employment project aiming to enhance the employability skills and work prospects for graduates from a refugee background.

Uni-Reach+ assists students to transition successfully to uni with pre-orientation week workshops, referral to student services and on-line resources.

Student Services also provides services including Health Services, Chaplaincy, Welfare and Financial Assistance, Counselling and Disabilities Service. These services are all free and confidential.

griffith.edu.au/diversity-inclusion



PUT YOUR BEST FOOT FORWARD

HOW TO APPLY FOR SCHOLARSHIPS

Funding your education

As tertiary education students you will be supporting yourself through a range of options:

- Commonwealth Government fee help schemes e.g. HECS-HELP, VET-HELP where you have the option to defer the paying fees through a loan*
- Centrelink payments such as Youth Allowance or Disability Support Pension
- Part-time work. Most students have a part-time job to assist them with study costs and provide work experience
- Scholarships or bursaries which are cash payments made to students and based on particular criteria.
- In-kind support from parents, partners or care-givers might include a roof over your head and a home-cooked meal.

Useful links

Study Assist
studyassist.gov.au

Centrelink
humanservices.gov.au/scholarships

You to Uni
youtouni.com.au

Good Universities Guide
gooduniversitiesguide.com.au/scholarships

QTAC
qtac.edu.au

Applying for scholarships

Scholarships can be highly competitive. There are always more applicants than scholarships but that doesn't mean you shouldn't apply. Put your best foot forward with these tips.

- Research all your options. here are scholarships offered by Government, universities, TAFE, business and community.
- Read the selection criteria carefully. Criteria may include age, citizenship, whether you are first-in-family to attend university and so on.
- Provide all supporting documentation. This might include transcripts from school, financial information such as bank statements or Centrelink information (either yours or your family's records).
- Look out for the deadline - it can take time to put your application together so don't leave it until the last minute.
- Check your application. Don't miss out because you forgot something or because of a spelling error. Write a checklist and tick off each criteria as you complete it. Have someone who knows you well help you write and check your application.

Scholarship links

Here are a few options to explore:

Griffith.edu.au/scholarships

Logan City Council bursaries
logan.qld.gov.au/community-support/grants/educational-bursaries

Care2Achieve-Scholarship
thesmithfamily.com.au

Indigenous Scholarships
indigenousscholarships.com.au

Rural and Regional Scholarships
qtac.edu.au/scholarships

The Pinnacle Foundation
thepinnaclefoundation.org

Qld Dept of Education
education.qld.gov.au/students/grants/scholarships





GET SOME INSPIRATION ONLINE

Here are nine TED Talks recommended by students, for students:

blog.ed.ted.com/2017/03/16/9-ted-talks-recommended-by-students-for-students/

For more talks from scientists, musicians, innovators, activists – all under the age of 20:

www.ted.com/playlists/129/ted_under_20

Get involved

Find ways to get involved in activities where you can be inspired and inspire!

www.pcy.org.au
unyouth.org.au
rootsandshoots.org.au/national-youth-leadership-council
www.mana.org.au
aimentoring.com
www.yugambbeh.com

WIN MUSIC

Keep in touch and win! Sign up to our Uni-Reach database and be in the draw to win a \$50 iTunes music voucher.

We'll keep you up-to-date with upcoming events and when we are coming to your school.

As you progress through high school we will let you know about useful resources and information to help you make decisions about uni.

Prize draws will happen once a month between May 2018 and November 2019.

Go to the website or use the QR code below.

Terms and Conditions on website

**[griffith.edu.au/student-services/
diversity-inclusion/uni-reach](http://griffith.edu.au/student-services/diversity-inclusion/uni-reach)**



TERTIARY EDUCATION EXPERIENCE

On-campus event for students with disabilities

Our Tertiary Education Experience is a program for high school students with disabilities to check out their university options.

TEE can help you:

- choose a degree aligned with your dream career
- identify and develop skills needed for university study
- identify support networks available
- get a realistic view of life on campus and what is expected of university students
- connect with Griffith student mentors who also have disabilities.

Our program includes:

Annual on-campus program for Years 10, 11 and 12 students with disabilities including specific programming for students who are blind or have low vision, or who are deaf or hard of hearing.

Biennial on-campus professional development program for secondary education staff and interested community organisations.

The TEE Program will be held on Thursday 31 May, 2018 at Logan campus from 9.30am to 2.30pm.

2019 dates to be advised.

Register here

griffith.edu.au/student-services/diversity-inclusion/transition-and-disabilities/future-students

Email teeprogram@griffith.edu.au





GOOD TECH, BAD TECH

Chances are pretty high that you have a number of social media accounts - Snapchat, WhatsApp Instagram, Twitter, Facebook, YouTube and more.

Your parents are constantly worrying about your social media presence and your teachers are definitely wanting you to get off your phones! But not all technology is bad.

A 2013 US study (Common Sense Media) indicated that one in five teens said social media has a positive impact in their lives. This is great in this age of technology.

GOOD TECH

Reach Out says positive aspects of social media platforms include:

- encouraging social participation and political activism
- finding and developing your voice
- enabling content creation and distribution
- encouraging collaboration with others
- exploring and learning
- becoming independent thinkers
- building resilience.

BAD TECH

The Common Sense Media research also showed teens were experiencing 'Facebook fatigue' with a significant number saying they are 'addicted' to devices (41% for mobile phones), would like to unplug sometimes (43%), or go back to a time before Facebook was invented (36%).

In a recent Australian report 'Digital Me' which surveyed the way Australians use social media teens said:

- they felt pressure to look good on social media
- felt validated by 'likes'
- they regretted something they posted
- had been bullied online
- had put negative comments on someone's profile.

THE DARK SIDE

Some of the darker aspects of social media can include too much screen time, addiction, stranger danger, 'fake news', cyberbullying, privacy issues, social isolation, mental health impacts and poor sleep.

Like any tool you should understand it and know how to use it safely. That includes controlling it and not having it control you.

TAKE CONTROL

Youth Central Victoria says ‘think before you post, think before you send, think before you upload’.

Some things to consider:

- if you wouldn’t say it to someone’s face, don’t post it on their wall.
- do you know who is reading your private information when you make it public?
- consider the consequences of posting something critical or mean-spirited on others. Would you want someone to say that to you?
- does your message say what you think it says? It can be hard to convey your tone of voice. Read it back and if it’s not clear rework or delete.
- are you going to be embarrassed by that photo from your party? Remember, once it’s out there then it is there forever.
- is your friend going to be upset if you post their pic? Just ask first.
- is what you want to send legal? Posting some material can be a crime.

SWITCH ON, SWITCH OFF

If you are experiencing social media overload consider how to manage it better with these tips.

- cut out the toxic people and conflicts poisoning your feed. You can reduce the negativity permanently or hide their feed temporarily to give you a break.
- shut off your notifications, Check less and don’t interrupt you face-to-face interactions by constantly checking your notifications.
- go outside every single day. Getting back to nature or physical activity could change your perspective and help you break away from social media.
- make human contact daily a priority. And that doesn’t mean sitting across from your friend while you are both on your phones!

Can you think of others ways to manage your social media?

See more at bestessay.education/blog/5-ways-to-avoid-the-stress-of-social-media-overload

USEFUL LINKS

Reach Out

schools.au.reachout.com/online-behaviour-and-social-media

How to manage cyberbullying

youtube.com/user/BackMeUp2012/videos

E-safety

esafety.gov.au/education-resources

‘Tagged’ (You Tube) – a film about when social media goes wrong

ReachOut Toolbox

reachout.com/tools-and-appsreachout.com/tools-and-apps

“ YOU WOULDN’T STAND IN THE STREET AND HAND OUT CARDS TO EVERYONE WITH YOUR NAME, YOUR PHOTO, YOUR ADDRESS, SCHOOL OR UNIVERSITY AND FAVOURITE BAND ON IT – DON’T DO THE SAME THING ONLINE. ”

LEADing Others

Alberto Meleisea started a Bachelor of Laws and a Bachelor of Psychological Science at Griffith in 2015. Alberto overcame a number of challenges to get to uni and now works to support other students from similar backgrounds to realise their dreams.

A humble upbringing

When I was growing up my single Mum made a lot of sacrifices to ensure that my younger brother and I had a roof over our head and that we had the opportunity to receive an education. In my youth I witnessed first-hand the dissatisfaction of a lot of Pacific Islander families with their jobs which were mostly factory work.

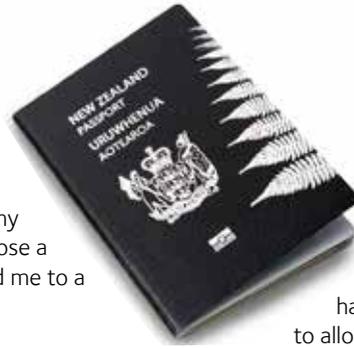
The majority of them did not enjoy their work which was repetitive and had no future prospects of

improvement. This experience gave me the motivation to ensure that I valued my education and to choose a pathway that will lead me to a career that I will be passionate about.

The journey and the challenges

I graduated from Woodridge State High School where I was School Captain in 2014. I got into Griffith University through guaranteed entry and my first big concern was to be able to pay the fees of my first year. As a NZ citizen I am not eligible to defer my tuition fees or receive Centrelink. I do make it work through part-time work and planning.

My other big concern has been



a fear of failing and disappointing my family as so many sacrifices had been made to allow me this opportunity to be the first person ever in my family to go to uni.

Because I am the first in my family to go to uni, I had no one I could seek advice from and had to learn to adapt to the uni by myself.

LEAD participation

My experiences from my journey to Griffith University were insightful and participating in LEAD (Legacy, Education, Achievement, Dream) has given me the opportunity to help other Pacific



Islander students and provide them support. I have been heavily involved in mentoring LEAD Camps and the LEAD Conference.

Being a mentor has allowed me to share my experiences and play my part to help new students navigate through the challenges of being at university and inspire them to look at what is possible ahead.

Future and Aspirations

Early on psychology caught my interest and then the law because I had a teacher who made the subject interesting and I just have a knack for persuasion. I am passionate about studying law and my goal is to one day become a family lawyer in the Logan area or to be a police prosecutor. Either way I am excited to be able to take this journey.

About LEAD

LEAD stands for legacy, education, achievement, dream. Griffith's LEAD program is delivered to students in Years 10 to 12 in Uni-Reach schools. The program aims to:

- enhance student leadership and teamwork skills
- provide support networks
- support personal growth and aspirations for tertiary education
- increase confidence and self-awareness of career and personality preferences
- demystify university
- facilitate goal-setting behaviour.

Successful Griffith Pacific Islander students like Alberto provide mentorship to program participants and share their

experiences of university and career pathways. If you would like to participate talk to your Guidance Officer or contact our LEAD Coordinator Emma Tanuvasa at e.tanuvasa@griffith.edu.au

NZ citizens and HECS

In the higher education sector, eligible New Zealand citizens have access to subsidised higher education places, known as Commonwealth Supported Places (CSP). In most cases, New Zealand citizens are not eligible to access any Higher Education Loan Program (HELP) loans and must pay tuition fees upfront.

For more information visit studyassist.gov.au and talk to us about how to finance your university studies.





WHEN OPPORTUNITIES KNOCK

Migrating to Australia was a difficult decision for 14 year-old Macey-Joy Dahili. 'It was so very hard for us to leave my grandma and my cousins' says Macey-Joy.

'Mum told me she wouldn't be able to pay for me to go to university if we stayed in the Philippines'. She vowed then that she would seize every opportunity in Australia to make their sacrifice worthwhile.

Macey-Joy attended Beenleigh SHS which partners with the Police Citizens Youth Club (PCYC). In Year 9 she joined the 'Two Tribes' program inspiring her to get involved in the PCYC Youth Management team and opportunity began knocking at her door.

In Year 10 she was awarded Duke of Edinburgh Bronze Medal. This award gave Macey-Joy crucial survival skills and the resilience to overcome barriers in her life.

In 2014 Macey was invited to the G20 Summit to hear President Obama's opening speech and found it inspiring to her leadership ambitions. To develop her

leadership skills she won an all expenses paid position at the PCYC State Leadership Camp. To learn how to manage conflict, important skills which help Macey-Joy to become a future leader in her field.

In Senior School Macey-Joy joined the Griffith University Uni-Reach Program where she learned about pathways into university. A big stumbling block for her was that at this time she wasn't yet an Australian Citizen, and therefore not eligible for a Commonwealth supported university place.

So Macey-Joy applied for a traineeship as an Administrative Assistant obtaining a Certificate III in Business Administration and a job in business administration which helped her to save for her university studies. Her TAFE studies were very helpful with academic writing and finding employment which was flexible while she studied.

When Macey-Joy received her Australian Citizenship she enrolled to a Bachelor of Nursing at Griffith University. She has almost completed her Nursing

degree and wants to continue with post-graduate studies in Pediatric Nursing and special in pediatrics and cardiology nursing. She works as an Assistant in Nursing to assist her with work experience while she finishes her studies.

Macey-Joy intends travelling the world as a nurse once she is experienced. She might work with the Red Cross in Geneva, Switzerland or work across the globe. 'Nursing can take you everywhere' says Macey-Joy.

Seize all opportunities before they pass you by.

Macey-Joy Dahili



“THERE ARE NO SLIDING DOORS. WHATEVER STEP YOU TAKE IS THE RIGHT STEP AT THE TIME FOR WHATEVER REASON”.

Sarah Moran, Co-founder of Girl Geek Academy in '20 Young Australians on the cusp of greatness'.

thecusp.com.au/20-young-australians-on-the-cusp-of-greatness/1407

MY MUM DIDN'T RAISE A QUITTER!

Vernon's face is animated when he discusses his research. He works as a research assistant while he completes his nursing degree at Griffith University.

'I'm assessing the nursing curriculum in Australia, Canada and New Zealand and comparing to health outcomes since colonisation for Indigenous people in those countries. A single course within the nursing degree on working with Indigenous clients is not enough. It should be embedded in all of the degree if it's to make any difference' he says.

Primary school rebel

This studious scholar is far removed from the rebellious Vernon who refused to go to school and ran away whenever his mother dragged him to his Mt Isa primary school.

In desperation his mother eventually sent him to live with his auntie in Burke Town where he could attend a small community school. Here the intensely shy Vernon felt welcomed and experienced a sense of belonging he never felt in the city.

McDonald's Murri

In Year 12 when other students were panicking about their post-school options Vernon looked forward to returning to Mt Isa where he planned to get a job flipping burgers. He even created nicknames for himself, such as 'Burger Boy' and 'McDonalds Murri'.

Seizing opportunities

'In Year 12 I enrolled to study a Certificate II in Indigenous Primary Health Care. As part of this we were offered a chance to apply for a week-long camp at Griffith University called 'Hands Up'. It caught my interest because it was a week off school on the Gold Coast with all flights and accommodation paid for'.

'But once I got involved in the activities I found myself reflecting how I could use the stuff I was learning to help my people.'

Vernon also jumped at the chance to travel to Sydney University for another enrichment camp. It was there he met his girlfriend who went on to become a university student in Brisbane. They have booked a cruise around Australia

at the end of the year to celebrate their combined academic success.

Uni

'First year uni was hell but my mum didn't raise me to be a quitter. I had the determination not just for me, but for my family and my people'.

Vernon went to Griffith Learning Services workshops to learn how to write an academic essay, learn research skills and critical thinking. 'I cannot stress how helpful they were. They've been amazing!' The GUMURRII Student Support Unit* also engaged an ITAS** tutor to assist Vernon and soon he was sprinting along the academic track.

Homesick

'I'm the youngest of seven siblings and the first of my family to go to uni. I miss my first line of support, my family are my strength'.

'It's still very distressing not knowing if there is any Sorry Business*** and I miss out on a lot of family parties and birthdays.' Vernon credits his mother with being his source of determination and Auntie Roianne West, Professor of First People's



Vernon’s message to students:

‘It’s going to be hard. You just have to find the determination to keep moving because if you don’t you’ll be stuck and I wouldn’t want that and I know you wouldn’t want that either.’

Health at Griffith University as his ultimate inspiration. ‘If she could do it then so can I’.

10 years time

In 10 years Vernon hopes to be working at Griffith University as an Associate Professor researching mental health and chronic diseases.

* GUMURRII is Griffith University’s dedicated support unit for Aboriginal and Torres Strait Islander students. The Unit assists with recruitment and orientation, and provides ongoing support through to graduation and beyond.

Phone 07 3735 7676

Email gumurrii-admin@griffith.edu.au

** ITAS (Indigenous Tutorial Assistance Scheme) is an academic support initiative of the Department of Prime Minister and Cabinet, which aims to improve educational outcomes for Aboriginal and Torres Strait Islander students.

AIME stands for Australian Indigenous Mentor Experience. It’s a dynamic, educational program that supports Indigenous students through high school, giving them skills, opportunities and confidence to succeed and transition to university, further education or employment at the same rate as all Australian students.

***Sorry Business is a term used by Aboriginal and Torres Strait Islander peoples to refer to the death of a family or community member and includes attending funerals and mourning which can take a week or more. Be aware that it is common practice not to mention the name of a deceased person or show pictures of them for some time after they have passed away.



20 YEARS OF STORIES



Sign up
for Uni-Reach when we
come to your school and our
team will become your team. We'll
be there guiding your towards your
potential all the way to graduation.

Find out more:
[griffith.edu.au/student-services/
diversity-inclusion/uni-reach](http://griffith.edu.au/student-services/diversity-inclusion/uni-reach)



Griffith University celebrated 20 years of its Uni-Reach schools outreach program and 21 years for its Uni-Key mentoring program at Logan campus in 2016.

Amongst the guest speakers for this event was Yassmin Abdel-Magied (pictured), a Logan local who migrated to Brisbane from war-torn Sudan when she was a child. Yassmin founded 'Youth Without Borders' in 2007 and was named 2010 Young Queenslander



Student Equity Project Officer Jo Merley with former Woodridge SHS student Michaela Reed (nee Vanek) attended the Uni-Reach and Uni-Key 21 Year Anniversary (pictured left). The inset photo shows Michaela 20 years earlier in 1996 holding her Uni-Reach completion certificate.

of the Year. She graduated with a Mechanical Engineering degree in 2011 and was named as Queensland's Young Australian of the Year in 2015.

Yassmin's message to the students at these celebrations was to follow your dreams and don't let anyone deter you. As a young Muslim woman in a male dominated engineering industry she has lived her message. Yassmin has worked an engineer on oil rigs, has

presented on television and radio, and is a writer and public speaker.

Our Uni-Reach mentors also live this message and former Uni-Reach student Michaela Reed (nee Vanek) followed her dreams after attending Uni-Reach events at Woodridge SHS in 1996. Michaela completed a Bachelor of Science (Honours) and travelled especially to attend this event.

SEE OUR UNI-REACH MOVIE PICKS!

TOP



Along with delivering 21 years of educational fun and learning in schools and university our Uni-Reach team have also been busy making movies.



Pick 1:

Uni-Reach and Uni-Key:
A remarkable journey
(Animation) (PG)

A one minute movie about
the history of Uni-Reach
in high schools.



Pick 2:

Uni-Reach and Uni-Key:
20 years of stories (PG)

Do you or your parents/caregivers
want to know more about
Uni-Reach? See our promo video clip
and hear what students say about us.



Pick 3:

Families with impact –
a nine part mini-series (PG)

This includes the Fereti (Freddy)
Masoe story, a former Mabel
Park SHS student now a media
professional at Queensland
Reds Rugby.



Pick 4:

The high school survival guide –
a three part mini-series (PG)

These short films performed by
student actors present a range of
challenges that they overcame in
their high school days.



Pick 5:

Uni-Reach On-Campus Experience
(Griffith University) (PG)

A taster of what Uni-Reach
high school students actually
do at an on-campus visit to
Griffith University.



Pick 6:

Uni-Reach & Uni-Key 20th
Anniversary highlight reel (PG)

It's time to celebrate! Watch
the party night and see how
far we've come.

Check out our channel at: tinyurl.com/urchannel

In 2016 we celebrated two decades of Uni-Reach and Uni-Key program delivery at Logan campus, Griffith University. Past and present students joined staff at the anniversary event to share their stories of Uni-Reach participation at high school, Uni-Key first year support at university and their graduate achievements.



Happy 21st birthday uni-reach and uni-key!



NEED HELP!

WHEN YOU DON'T KNOW HOW TO SOLVE SOMETHING ALONE REACH OUT TO SOMEONE YOU TRUST

Dear Auntie

Every day at the school bus stop a girl in a younger grade is harassed by some older boys. She moves away but they follow her and don't stop. I want to say something but I'm scared they will start on me too. Other students ignore it and my friend says it's none of my business and I should stay out of it. What should I do?

Ollie

Dear Ollie

You sound like you are really worried about the younger student. The best thing is to let someone at your school know about it. If these boys are bullying this girl, they are also likely to be bullying others. The School can take action against bullies and this may include sending them to speak with the Guidance Officer.

As difficult as it may be, if you see a person harassing someone, try speaking up if it is safe to do so. Say something to make it clear you don't agree. Stay calm and say something like 'She's okay. Why don't you just leave her alone?' or 'Who else thinks this is NOT okay?' Speaking up will help the victim know they have support and the harassers know that they don't!

If speaking out will put yourself or others at risk try and record the incident on your mobile phone instead. If it's not safe to record the harassment, note the location details and time of incident as CCTV footage may be available. When safe to do so, ask the girl if she's okay and help her to contact a friend or family. Tell her to go to see the GO or other support person at school for help. Give her your name so you can be a witness if needed.

Tips for bystanders

1. Say something
2. Support the victim
3. Record the incident
4. Report the incident

Laws protect people from being vilified, bullied and harassed. View the Anti-Discrimination Commission Queensland (ADCQ) Bystander Action video: www.adcq.qld.gov.au/resources/videos/bystander-action

Contacts

Emergency: dial 000

Non-urgent: Policelink on 131 444

Dear Guidance Officer

I have no idea what I want to do for my future career. I may want to go to uni but not sure what I want to do there or whether an apprenticeship or traineeship would be better for me. How can I decide?

T.D.

Dear T.D.

There are many resources to help you investigate different types of jobs. Do your research and visit university websites, job guides, university guides, myfuture website, university open

days, QTAC, careers markets and expos e.g. TSXPO. Many of these websites allow you to complete career interest inventories which points you in a direction of career that aligns with your interests.

Your Guidance Officer is the careers professional in your school. Make an appointment to speak with them and explore options, pathways, pre-requisites and other entry requirements, access schemes and scholarship information. Where possible visit or talk with people you may know who are working in areas of interest.

Most Guidance Officers meet with students in Year 12 to help with these decisions and with their applications to QTAC (Queensland Tertiary Admissions Centre). Schools also have VET (Vocational Education and Training) personnel who help students find traineeships, apprenticeships, and with TAFE in schools courses. Some schools have work experience available for students in years 10 and/or 11. These programs can be tasters for students to explore and help with their decisions.

QUESTIONS?

Has reading **Griffiti** motivated you to think about what you might do after Year 12? We hope it has given you lots of ideas and inspiration.

You'll probably have lots of questions between now and when you have to make some decisions about your career direction.

Explore

You'll find information specifically for you, parents, and guidance officers.

Future students »
griffith.edu.au/future-students

Book a Q&A session

Griffith's one-on-one Q&A sessions are the easiest way to find out everything you need to know, and get the answers to any questions you may have.

Book your own Q&A session »
www130.griffith.edu.au/qanda

Ask us »
askgriffith.custhelp.com/app/answers/list

Where else can go for information?
Ask your school guidance officer.

Go to other events like TSXPO and other open days across Queensland and Northern NSW.

Tertiary Studies Expo
tsxpo.org

Brisbane Open Days
www.openday.com.au/tertiary/brisbane/

Open Days nationally
www.gooduniversitiesguide.com.au/open-days

PSSST! PARENTS AND SUPPORTERS

We recognise the importance of the support and encouragement you as parents, caregivers and supporters can give to the students in your lives.

We offer information and support to help prospective students to make good decisions about future study and careers and we are always happy to talk to parents, caregivers and partners.

You might even find a future study pathway for yourself!

Once enrolled we also want to assist new students familiarise themselves with university. Our Family and Friends website illustrates how students can balance study, work and family commitments, feel confident and succeed in their studies.

griffith.edu.au/family-friends



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Editor

Gabrielle O'Brien

Editorial team

Gabrielle O'Brien
Jo Merley
Hooi Zhi Chin
Nicola Scholes

Art Work

Liveworm Studio



Photography

Roman Albert
Hooi Zhi Chin
Jo Merley
Student supplied
Unsplash

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Disclaimer

While every effort has been made to ensure the information in this magazine is correct and current at the time of publication, no responsibility can be taken for any errors or omissions.

Get Connected



Sign up for updates and get the latest information about Griffith University Open Day or Experience Days

You can even call and talk to our helpful staff by calling Griffith's Toll Free Future Students Centre » 1800 677 728

