



ST CATHERINE'S
COLLEGE

Edition 1 | August 2020

THE

BANKSIA

MAGAZINE FOR OUR COMMUNITY OF SCHOLARS



2

O'Week
- A week
to remember

5

How we are
dealing with
COVID-19

15

Surviving study
at St Catherine's

Message from Head of College

2020 has been a very different year for many of us but as you embark on the next stage of your education, there are some constants you can rely on at St Catherine's College:

- ◆ A kind, supportive community that really helps each other
- ◆ Creative programs which elevate your university experience
- ◆ Strong academic support to help you achieve the best results you can (particularly with online learning)
- ◆ Fun events which foster tight friendships
- ◆ The best facilities on College Row

Join us for a tour of the College or watch the virtual tour on our website.



In a time of challenge, such as COVID-19, your choices matter. I hope you will choose to join St Cat's and that your choice will be the best one you have ever made!

Fiona Crowe

Contents

Feature

Career boosts at St Catherine's 1

College Life

O'Week: A week to remember 2
New Colombo Plan Scholars 4
How we are dealing with COVID-19. 5
Keeping physically active 7
Getting creative with art classes 8
Cats at sea 9
Throwback to 2019. 11

Culture & Indigenous

Dandjoo Darbalung and current events. 13

Features

Bloom activities 14
Surviving study at St Catherine's 15
Scholarships available at St Catherine's 16

Apply Now (inside back cover)

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Career boosts at St Catherine's

St Catherine's College provides plenty of opportunities to help residents reach their career goals so that they can land a great job when they graduate. Providing more than you can get with just a university degree, College helps to facilitate networking and mentoring that can bring you closer to your dream job.



Residents and Alumni at our Architecture boardroom lunch

Throughout the year, we run workshops covering everything from how to write a resume that gets you noticed to acing your job interview - and everything in between.

We also often connect residents with internships and employment at the College which they can undertake while they are studying, to support them financially and give them a competitive edge before they graduate.

We host events throughout the year, such as our Boardroom Lunches, where our residents can mingle in a casual environment with industry professionals, and rub shoulders with interesting academics, career advisors and potential employers.

These sessions are purposeful and because they are done in small groups, residents are able to ask questions, explore industry opportunities (and challenges) and hear how others navigated the career ladder. Many a mentoring relationship or job opportunity has arisen from these lunches!

O'Week: A week to remember

O'Week (or Orientation Week) is the first week of living at College for new residents and the week in which we get to welcome them to their new home. With so many fun things to try and new people to meet, it is a week you'll always remember and one which often defines your whole College experience.

MOVE-IN DAY!

Sunday is move-in day for our new residents! After giving their parents one last hug goodbye at our welcome lunch, our Freshers had some time to unpack before an evening of meeting new friends, and playing team games on the lawn.



SECRET GARDEN PARTY

On Monday evening it was time to get dressed up for an Alice in Wonderland themed garden party, complete with giant cards, themed desserts and live music.

CULTURAL IMMERSION

On Tuesday night our residents had the chance to immerse themselves in Aboriginal culture with music, art and making damper.



FRESHER FEST!

Friday morning, we donned our St Catherine's colours and marched down to Matilda Bay for the Inter-College Fresher Festival, coming together as College Row to enjoy the end of O'Week. We cheered, we danced, and we had a great time as a College.



FRESHER DANCE REHEARSAL

Throughout the week our Freshers mastered a tricky dance routine, rehearsing every day so we'd be ready to compete against the other Colleges on Friday.



BACK TO COLLEGE PARTY

On Friday night we had a boot-scootin' bash for our Back to College Party. With a DJ blasting country tunes, a bucking bull and some amazing costumes, there was no better way to celebrate the end of O'Week.



New Colombo Plan Scholars

The New Colombo Plan (NCP) Scholarship is a government initiative that provides scholarships for Australian undergraduate students to undertake study, internships and language training in the Indo-Pacific region for up to 19 months.

Two of our residents, **Racheline Tantular** and **Luke Thomas** have been awarded this prestigious scholarship.

The program is designed to build Australia's connections with neighbouring countries on a people-to-people and institutional level, and develop the idea of Indo-Pacific travel as a rite of passage for Australian students.

Racheline is a Bachelor of Philosophy student with a passion for how music and medical sciences can be combined to help make a difference in peoples' lives. She is currently in her second year at UWA and at St Catherine's College.

With plans to learn from world-leading researchers in genetics, music therapy and traditional Chinese music in her scholarship program, as well as undertake internships in women's hospitals, orphanages and health centres, Racheline will be very busy on her trip. While international travel was not possible this year, she is currently planning to undertake her studies and research in Hong Kong and China in Semester 2 of 2021.

Another recipient of the New Colombo Plan scholarship is Luke Thomas. Luke is in his third year at St Catherine's and is studying Mathematics and Economics at UWA. Hoping to do further study in Economics later in life, Luke is passionate about learning how economics influences policy decisions that can help countries, or hold them back.

Luke will be completing his degree in Singapore, a dynamic hub that plays a critical role in the development of the ASEAN region.



Racheline Tantular



Luke Thomas

APPLICATION TIPS

Here are some of our New Colombo Plan scholars' helpful tips for applying for a scholarship:

- 1. Make use of resources available to you.**
Talk to past or present scholars, practice interviews with other applicants or mentors
- 2. Prepare for your application**
This is your chance to show how you create an impact with your passions, and how the scholarship would help you achieve your goals
- 3. Just go for it!**
Don't stop yourself from applying because you don't think you'll get it, and you shouldn't measure your success based on the outcome.
- 4. Join the PRISM Alliance** whose home is right here at St Cats! Access a host of other prestigious scholarships - projects@stcatherines.uwa.edu.au

How we are dealing with COVID-19

The current pandemic has been a frightening, frustrating and confusing time for everyone. In a tight-knit community like St Catherine's, having to socially distance ourselves from our friends was a challenge. However, we made it through through the last semester by following the guidelines, supporting each other and being proactive with suggestions to assist. We are very grateful to have had continuous support and guidance from our staff and RAs. Here are just a few of the ways we navigated our way through this difficult period.



Whilst adhering to social distancing rules, residents were still able to hug the College dogs.

KEEPING WELL INFORMED

Throughout the pandemic, our Head of College Fiona Crowe, had frequent meetings with College staff, health professionals and government officials to ensure St Catherine's was able to remain open and support our residents and the community. Fiona and our Deputy Head of College, Ashleigh Benadretti, also held regular fire pit sessions, which was an opportunity for residents to ask questions, raise concerns or just roast some marshmallows and spend some time together.

Our residents had access to several informative resources, such as posters, regular emails and video updates.

FINANCIAL ASSISTANCE

The College immediately swung into action to assist as many residents as possible who were experiencing financial difficulties due to job losses or decreasing family support. Through this support, it allowed many residents to remain at College and continue their studies.

REGIONAL STUDENTS

Many of our residents live in regional areas and found themselves cut off from family due to travel restrictions. In the instance that residents felt more comfortable at home with family, or had underlying health issues, they were still able to remain connected to online college activities and free tutorials. For those remaining at college, university students were permitted to travel across regional borders to visit home and return to college to study.

The College staff were on hand to assist with obtaining relevant documents and checking temperatures upon their return to College.

INTERNATIONAL STUDENTS

St Catherine's is home to many international students from across the world. While situations varied for each student, the College offered support to our residents, whether they needed to return home or remain at College.

MENTAL HEALTH SUPPORT FOR STUDENTS

Our staff and Residential Advisors provided access to mental health resources, such as counselling services, guided meditations (including Moonlight Meditation with live Didgeridoo) and workshops. The daily activities program was also constructed to keep our residents mentally healthy and connected to a support network.



Fogarty Scholar Charlotte Owens and 2018 Beazley Medallist Pooja Ramesh

HELPING LOCAL BUSINESSES AND NEIGHBOURS

St Catherine's is fortunate to be located in such a beautiful area. Nedlands/Crawley is a hub for hospitals and health services, small businesses, a university and much more. We also have many neighbours that are elderly, essential workers or otherwise struggled during the pandemic. The College started an initiative to support our local businesses and neighbours, with resident volunteers offering their services to pick up groceries, walk dogs or help out in the garden. We also encouraged our residents to support our local businesses that were able to remain open during the pandemic.

Keeping **physically active**

While COVID-19 restrictions saw a temporary pause on team sports and going to the gym, that didn't stop our St Catherine's residents from keeping active and having fun. With several sporting activities happening every day, there was something for everyone.



WORKOUT CLASSES

Our residents had access to a whole range of workout classes at college while gyms were closed, suited to any fitness level. You could choose to bust a move at a Zumba class one morning, or stretch it out with some yoga the next.

SOCIAL SPORTS

Without Intercollege Competitive sport to keep us busy, we kept the team spirit alive with daily games of volleyball, dodgeball and more! Keeping in line with government restrictions, there was no better way to take a break after a day of study.

FITNESS CHALLENGE

Our wonderful team of Sports RAs and Representatives put together a Fitness challenge throughout the semester, pushing our residents to improve their strength and fitness. From wall sits, rowing challenges, planks and more, our residents proved they've got some serious muscle.



Getting creative with art classes

One of the many amazing things we offer at St Catherine's is our regular art classes. When you feel like getting creative, you can join in a dance lesson, art class or gardening workshop hosted by our own talented residents with any materials provided for you.



Planting flowers for an art class



Making vision boards

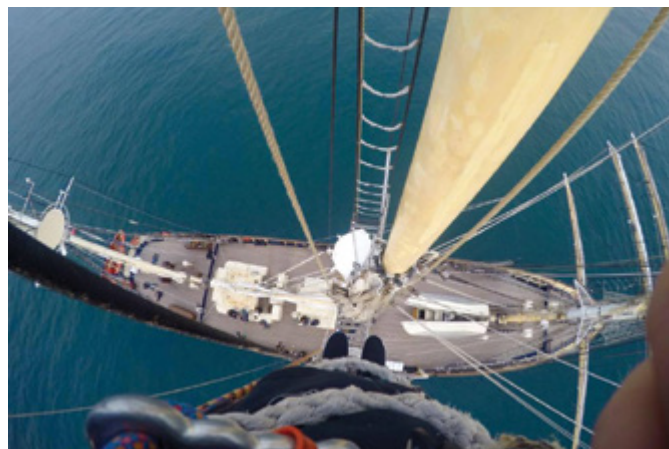
Cats at sea

St Catherine's College and the Leeuwin Ocean Adventure Foundation are both not-for-profits working with young people in Western Australia, so it is no wonder that so many of our incredible residents and alumni have been involved with both of the organisations.

One of our current residents, Courtney Hanlon, is studying a Bachelor of Arts with a Double Major in Psychology. Courtney first participated in a Leeuwin Voyage in 2016 whilst a student at Geraldton Grammar School. She recently shared her fond memories of her time on the Leeuwin, and how the College experience can be similar to an adventure on the high seas.

"There were endless elements I enjoyed about the voyage. At the beginning of the voyage, it felt as though the end goal would be nigh impossible. By the end of the trip, we were able to successfully achieve that goal, and that was the most enjoyable feeling. I also loved making some great friends who I am still in touch with today.

Reflecting on my experience, the most valuable lessons learnt for myself was the developed understanding of leadership, as well as the self-development process I experienced. I have a sound resume of leadership experiences, especially in the sporting field. However, my time on the Leeuwin was a leadership experience like no other; I still implement skills I learnt at that time today.



Courtney climbing the rigging onboard



I think the community at St Catherine's and on the Leeuwin, is strikingly similar. Both have a very strong sense of community that I would compare to a family. Both communities are very resourceful and supportive. In these communities you have the resources and the support that you need to challenge yourself, achieve big things and obtain a very positive experience."

Another current resident, Peter Ebert, has participated in many voyages on the STS Leeuwin. In his second year of studying Microbiology & Immunology and Mathematics, Peter aspires to one day work on a marine research vessel and study the ocean's microbiome.

His first Leeuwin voyage was in 2017, and he thought the opportunity to experience life on an 18th century-style barquentine would be a once-in-a-lifetime experience. Since then, he has returned as a volunteer and is now a Watch Leader.

"As a Watch Leader, it's my role to pass down the skills I've learned from my experiences to new trainees and help them create amazing memories just as I have. I must say that the people I have met through the Leeuwin have been some of the friendliest, welcoming, and helpful I have ever met, and I have created many strong friendships over my voyages.

Both the St Catherine's and Leeuwin communities are very welcoming. They want you to succeed and are willing to provide you with the skills and opportunities to do so."

"The people I have met through the Leeuwin have been some of the friendliest, welcoming, and helpful I have ever met."



Peter enjoying the sun while out to sea!

Throwback to 2019

While this year has been difficult for many, the St Catherine's community has been making the best of the situation. Even though we've been enjoying our smaller events and socially-distanced fun, we can't help but remember the amazing events of previous years that have had to be postponed.

So, until it's safe to hold these events again, let's take a look back at just some of the highlights from 2019.



THE BALL

Held at Fraser's restaurant in Kings Park, our amazing Atlantis themed ball had us all dancing the night away under the sea.

THE BATTLE OF THE BANDS

The Intercollege Battle of the Bands competition was an amazing night where our residents got to dance, sing along and cheer our hearts out for some of the super talented musicians from St Catherine's.



IC SPORT

Nearly every week our residents competed against the other colleges in different sports, dodgeball, AFL, ultimate frisbee, swimming and more! It was fantastic to see so many people having a go at competing, and even better to see all our residents cheering from the sidelines every week.



VALEDICTORY / WINNING THE CUPS

At the end of each semester, we hold a Valedictory Dinner to celebrate the achievements of all our residents. While it can be bittersweet saying goodbye to those of us who are graduating and moving on, it is always an amazing night. Fiona even got us fireworks for Semester Two Valedictory to celebrate St Catherine's College winning so many Intercollege Cups!



OPENING OF OUR NEW BUILDINGS

Last year, the College was very excited to officially open our Banksia building. With amazing new rooms, study spaces and gardens to check out, we invited residents, alumni, Board members and other distinguished guests to our opening ceremony with more fireworks!



Dandjoo Darbalung and current events

As a College, we are attuned to what is happening in the wider world particularly around issues of equity and fostering tolerance and understanding. Recently our College community has been in support of the worldwide movement against racism and inequality. The Black Lives Matter movement that originated in the United States has continued in Perth, with demonstrations and protests highlighting issues facing Aboriginal people in Australia.

Dandjoo Darbalung is a flagship program of the College, established to provide a pastoral, cultural and academic program for Indigenous students so they can succeed at University. Non-Indigenous students are given the opportunity to learn about Indigenous culture and identity from their neighbours and friends, an important step in learning about the true history of Australia and acknowledging the impact of centuries of oppression.

Our Indigenous residents are very open with our College community about their experiences, and the recent protests in Perth prompted more of our non-Indigenous residents to ask questions and learn. One such opportunity came in the form of making signs and posters to support one of the Black Lives Matter protests.

A resident in the Dandjoo Darbalung program Patrick Garlett-Forrest, also sat down with some of our non-Indigenous residents in a more informal discussion to answer questions and share some of his family histories.

“My country, Whadjuk Noongar country, has 13 different language groups. My family’s totem is Koya (the frog). The highest totem that can be given to a person is a moth. A moth lives its life forever chasing the sun and going into a better day whilst treading lightly on the land, and this is how Indigenous people strive to live.”

He also spoke about the violence and ongoing legacy of colonisation. From the local history of Rottnest Island (Wadjemup) to recent, traumatic family histories.

“It was only in my grandfather’s childhood years that Indigenous people were legally recognised as human. Prior to that Australian laws allowed for indigenous people to be killed without any punishment because they weren’t seen as human.”

The Black Lives Matter Movement has given our College community the opportunity to show solidarity with our Indigenous friends by engaging in conversation, listening to Aboriginal voices, educating themselves and sharing their understanding with others.

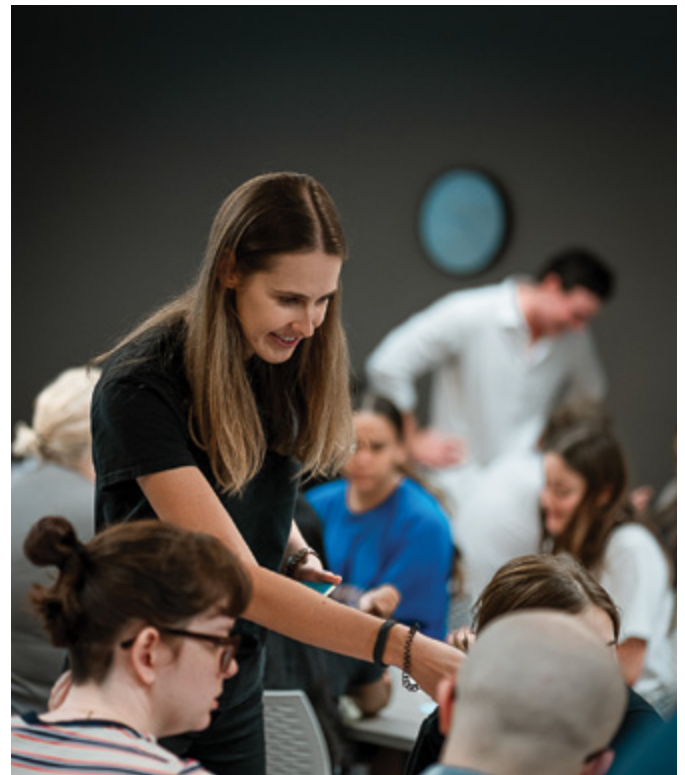


Bloom activities

St Catherine's College is home to Bloom, a program that empowers young people and the community to develop solutions to problems they are passionate about. Through Bloom, you can have access to mentors, strong industry connections, development workshops and a UWA accredited course called Launchpad.



Having a go at pitching ideas in O-Week



Jasmin Ward leading the Launchpad unit delivered in College every Monday afternoon

The Bloom Lab, a collaborative space for working, networking and exploring what is possible, is located here in the College. Our residents have access to the free workshops and events run in this space, and you don't have to be the next Bill Gates or Melanie Perkins to get involved!

"I've been a volunteer for Bloom since the end of 2016, and to see so many start-ups succeed from the space has been fantastic. Bloom has also created a lot of meaningful employment opportunities for its members."

Check out Bloom so you can learn about entrepreneurship as a potential career path." - Conor McLaughlin

Surviving study at St Catherine's

As universities made the transition to online learning, St Catherine's College jumped in to provide our residents with additional academic support. While we have always offered free tutorials, study sessions and collaborative study spaces for our residents to use whenever they need, this semester we also offered a daily academic program to help our residents keep up a good study routine.

Study Tips

In the lead up to exams, every day the College ran a fifteen-minute workshop on different study techniques, with topics ranging from mind-mapping to referencing an essay and tips on getting a good night's sleep

Silent Study Hall

Studying with others can be motivating, but also sometimes distracting. We allocated specific spaces in the College for silent study every night before exams to help keep everybody on track. For extra incentive, there were fun little stickers for those who attended.

Faculty Specific Study

While on-campus learning was unavailable, the College helped to connect residents studying the same subject to provide an opportunity for collaborative learning and group study.

Late Night Study Snacks

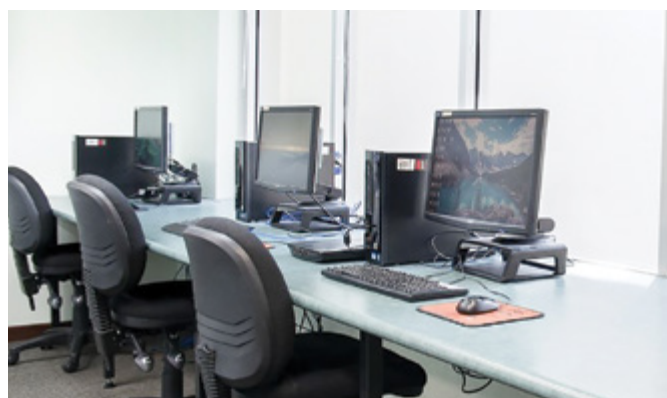
When you're pulling a late-night trying to cram for a quiz or finish an essay, it helps to have some delicious treats to fuel your brain. Our amazing kitchen staff put together delicious snacks for us every evening, making it the perfect excuse to get up from your desk and give yourself a quick break.

Study Survival Packs

Assembled and delivered by our dedicated team of RAs, every resident at college was gifted a study survival pack, including sticky notes, snacks and tea to help ease the stress of exams.



One of our comfortable study spaces



Facilities available to residents



Cultural Centre

Scholarships available at St Catherine's

St Catherine's College is known for offering the most generous accommodation scholarships along College Row. As a result of the pandemic, we have increased our scholarships and bursaries to assist as many students as possible through times of financial hardship.

We have scholarships available to international, regional and metropolitan students based on more than just academic excellence.

To apply for scholarships, visit our website and apply through the portal.

> stcatherines.uwa.edu.au



Apply Now!



What to do:

St Catherine's is the leading College for innovative programs, and we have set a high bar. We are focused on helping you achieve your best and excellence is core to what we do.

1 Research

Visit our website to find out more about life at St Catherine's, our programs, services and range of scholarships. You can also visit us for a tour (anytime!) to see life at St Catherine's or you can watch our virtual Tour online now.

2 Apply

Submit your application at livingoncampus.uwa.edu.au and select St Catherine's as your first preference.

3 Offer

We will contact you for an interview and let you know within two weeks if you have secured your place at St Catherine's.

We look forward to you joining our community!



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