



**ST CATHERINE'S**  
COLLEGE

Edition 1 | August 2018

THE

# BANKSIA

MAGAZINE FOR OUR COMMUNITY OF SCHOLARS



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at St Catherine's  
College

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Welcoming new residents  
to St Catherine's

**14** Update on *Dandjoo*  
*Darbalung* Program

# Message from Head of College

Key messages we've learnt this semester from the many guests who have visited the College and spoken with our residents:

1. Be curious – ask questions
2. Follow your passions
3. Be brave and travel whenever and wherever you can
4. Seize every opportunity that comes your way
5. Step out of your comfort zone
6. Engage in a broad range of external activities
7. Let your CV show what you can offer not what you have done
8. Failing is often a positive step to a new opportunity
9. Start supplementing your CV now with great opportunities you find at College
10. Engage with others and don't hide behind tech monitors

The kind of College experience you have is really up to you. There are so many opportunities to broaden your network and get the most from your university education. Visit our website and join our social media channels to read more.

Fiona



Fiona Crowe with College dogs, Ollie and Bridie

**Cover image:** Residents enjoying themselves at the Annual St Catherine's Ball held at Perth Zoo.

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# Inside Wellness at St Catherine's College

Wellness, pastoral care and supportive initiatives for residents are at the heart of the St Catherine's College community.

St Catherine's aims to educate residents on aspects of wellness that empower them to make choices which improve their holistic health. Not only does the College provide resources that inform residents about why wellness and emotional health is so important and where they can turn if they need additional help, but it also runs a comprehensive in-house program of workshops, events and activities for all residents.

**The Wellness Program at St Catherine's focuses on many aspects of wellness centred around the three main pillars: mind, body and spirit.**

Camila Soto is a St Catherine's Residential Advisor and our Wellness Officer and is a current University of Western Australia (UWA) Masters student and Psychology Graduate from the University of Maryland in the United States.

"Last semester, my team and I organised meditation sessions, rooftop yoga workouts, healthy eating workshops, a petting zoo during exams and a mega College-wide sleepover. This semester we will be continuing meditation, putting on new workshops and initiatives, and making the rooftop gardens a healthy and accessible option for all residents."

With a strong team of 10 Wellness representatives helping to organise and run a selection of events and activities at the College, residents have a lot to gain from working on their holistic health and wellness while staying at St Catherine's. Being at university, combined with living away from home for the first time, can be a really exciting chapter in a young person's life, but it can also be stressful and overwhelming with normal healthy routines being neglected. Our dedicated Wellness Program aims to turn any such negatives into positives.



Camila Soto, Wellness Program Coordinator



A petting zoo for stress relief, prior to exams



*"By having a wellness program at St Catherine's, we let every single resident know that they are not alone, and that the College is here to help."*

Sometimes it can be as simple as attending a meditation with peers that make life more manageable, or sometimes it's that personalised note from the Wellness team that can really change someone's day, week or semester" said Camila.

This year, the Wellness team held the first Mega-Sleepover. It was a fun event that involved handing out personal letters and invites to all our residents and camping out overnight together, playing games and making S'Mores over the fire pit.

Workshops held in our Wellness Room have also covered a range of topics: Time Management, Breathing Techniques, Resilience, Dealing with Setbacks and Managing Stress.

The Wellness team continually innovate ways to demonstrate the rewarding benefits of wellness as a personal investment. While wellness can mean different things to different people, all aspects contribute to a happy and healthy life.

### Camila's top three wellness tips:

1. A smile goes a long way; you never know who may need to see a smiling face on any given day, so help spread a little sunshine;
2. It's okay to not feel okay. Feelings and emotions are complex and amazing, so don't be scared to feel them;
3. Treat others the way you want to be treated. Be kind and you will see kindness in others.



Mega-Sleepover fun



Firepit S'mores galore!



Green spaces are actively used in College for quiet contemplation and to soak up the sun

# What has Bloom been up to?

We recognise young people as the creators of the future. Bloom, St Catherine's flagship innovation program, is WA's leading youth entrepreneurial community, where young people mix with fellow innovators, passionate and driven to work on their own start-ups. As a supportive and encouraging environment, Bloom is the place to be for your business ideas to develop, entrepreneurial skills to grow, while being surrounded by other bright, young people beginning their start-up journey. Bloom is housed in St Catherine's College and encourages students from all five universities in Perth to join.

## SEMESTER 1 HIGHLIGHTS

- 1200+ young people reached through Bloom
- 3 Pitch Nights with 10 young entrepreneurs pitching their ideas
- 15+ workshops with 500 attendees
- 42 members and 28 start-ups working in the co-working innovation space
- Furry Bloom member on hand for love and cuddles



## IQ AWARDS

Bloom performed outstandingly at the University of Western Australia's (UWA) Innovation Quarter Exchange (IQX) Awards this year, pitching businesses and social enterprises to a live audience and panel of innovation and commercialisation experts. Conor McLaughlin won Student Start-up of the Year Award for his Futuristic Skills platform and Kishaini Rao won People's Choice award respectively.

*"I joined Bloom in 2017 and my experience with them has been amazing. They helped guide us through the start-up process which has led to this exciting success," Conor said.*



## MEET ED FROM BLOOM

“My journey with Bloom has been one of the best experiences. I volunteered in February and have been inspired everyday by the diverse groups of young people starting their own businesses and social organisations.

Considering entrepreneurship as a young person is important because it can provide the makings of a career, derived from your particular passions. With the use of internet, possibilities are endless.

*I believe we are currently living through the greatest era of entrepreneurship where anyone can participate, especially young people. One message that I'm passionate about sharing at Bloom is that you don't need a world-changing idea to be an entrepreneur.*

At Bloom you can develop the audacity to chase what you love doing, despite the odds of failure, learn to persist and to take full and exciting control of your future. ”

## PITCH NIGHTS

Pitch Nights, run monthly, are some of Bloom's biggest and most exciting events. Young entrepreneurs pitch their ideas to a panel of industry experts, all in front of a live audience.

Semester 1 has seen over 200 people attend three pitch nights with 10 young entrepreneurs delivering a speech on their start-up.



Pitch Night presentation in progress

## LAUNCHPAD

Bloom's Academic unit, Launchpad, is back for semester two, with participating students from UWA and Murdoch University, including several St Catherine's residents. This year, twice the amount of students participated in the unit compared to last, and is structured to encourage and support entrepreneurial activity.

The first workshop introduced guest speaker Dr. Ashley Aitken and focused on 'The Lean Startup' and Customer Development.

"In the beginning, you are a *Startup Explorer*," said Dr. Aitken "Searching for the ideal business model. When you find something of value that's when you become a Founder."

Previous participants include Ahmud Auleear, co-founder of HUMM, a wearable neurotechnology startup (now operating out of Silicon Valley's Berkley Skydeck program) and Haweya Ismail, founder of MUD & MUSK DIY organic skincare who participated in local Social Venture Accelerator ImpactSpark this year.

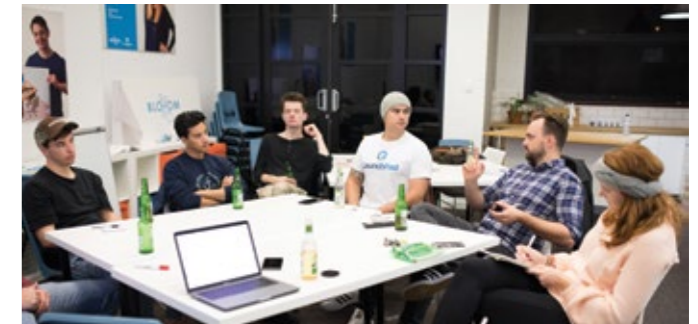


The first Launchpad Workshop: Back row (L-R): Lydia Ann-Taylor, Varun Gandhi, Brady Flockart (Bloom), Dr. Ashley Aitken (Innovately), Graeme Sheard (KPMG), Kenny Yong. Second row (L-R): Rachel Darwin, Charlotte Pennell, Nisha Jayachitra, Kishaini Baskararao, Anna Lee, Eloise Zhang

## 4-WEEK DEVELOPMENT PROGRAM

New to Bloom this year, is the 4-Week Development Program. Every presenter at a Bloom Pitch Night is enrolled into the intensive development program to develop their business ideas and work from the Bloom co-working lab space.

This semester, the program will open to people beyond Pitch Nights, so Bloom can support more budding entrepreneurs who want to develop their ideas. Even basic ideas are encouraged! To learn more, email [brady@bloom.org.au](mailto:brady@bloom.org.au)



Development Program working from the Bloom co-working lab space



Semester 1 Leadership Team: Elizabeth Knight, Jack Hallam, Ella Ganfield and Brady Flockart



Volunteers Summit

# A College Lifecycle

Transitioning to independence

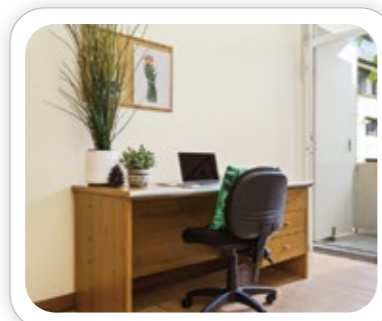
## Year 12:

Decision making. Students focus on ATAR for university selection

The decision to apply for early entrance and scholarships

Enter TISC preferences

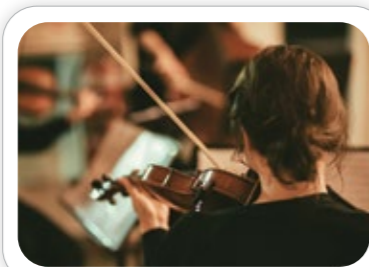
Researching and deciding on which Colleges to stay at



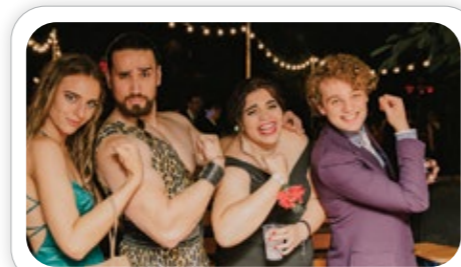
Settle into your room and meet the friends on your Wing



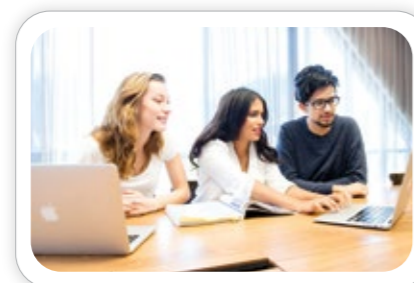
Get involved with Inter-college sporting events



Pursue your hobbies and interests with our music and creative programs



Have fun with new friends at the St Catherine's College Annual Ball



First year mentoring. Plot your future career, explore your options



Participate in the fun Orientation Week activities

## 1st year at St Cat's



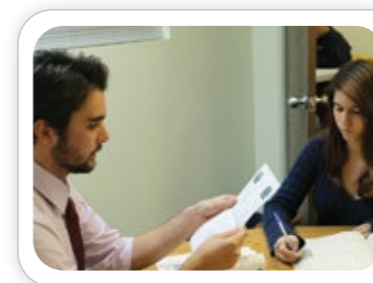
Participate in a rich network of scholars and guest speakers



Diversify your skills and volunteer in the unique programs St Catherine's has to offer, such as *Dandjoo Darbalung*



Pursue future international study through PRISM



Make use of valuable mentoring and networking opportunities

## 2nd year at St Cat's

## Optional PG study and stay at St Cat's



Join a dedicated Post Graduate program

## Employment and Career making



Summer break: Travel with international friends

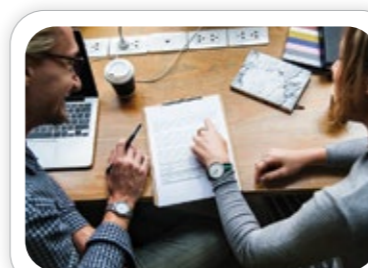
## 3rd year at St Cat's



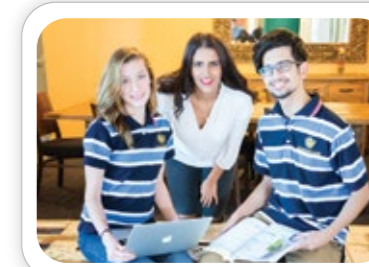
Ace your exams with supportive study groups and focused breakout zones



Graduate with confidence and a wide network of friends and skills



Choose from many study zones to study with friends



Invite friends to work on group assignments in the many shared learning areas

# Orientation - welcoming new residents

Orientation Week (O'week) at St Catherine's welcomes new residents to our College community in a positive, inclusive and respectful manner, while introducing them to a fun and memorable experience. Residents also enjoy events such as bush walks, brunch club, coffee crawls, toga parties, shopping trips, inspirational guest speakers, secret garden parties and much more! A full and informative program is designed each year to give residents the tool box they need to be successful.

## OLYMPIC-THEMED GAMES AND ACTIVITIES

Our Olympics theme provided opportunities for new residents to engage with peers, resident leaders and staff in meaningful ways that developed positive social networks, friendships, and a sense of belonging.



## INFORMATION SEMINARS

- Consent
- Respectful Relationships
- Responsible use of Alcohol



FASTER  
HIGHER  
STRONGER



Fresher Dance 2018

## FRESHER DANCE

A college tradition, residents spend O'week learning dance steps before competing in a dance-off against other Colleges at the Fresher Festival at Matilda Bay, on the banks of the Swan River.

## CULTURAL IMMERSION

Residents enjoy a campfire night and immerse themselves in Aboriginal culture as part of the St Catherine's *Dandjoo Darbalung* program. The Indigenous people of Australia have the oldest living cultural history in the world and residents spend a night exploring the culture, language, lifestyle and beliefs of Aboriginal and Torres Strait Islander people.



Damper on the fire

# A living learning community

The St Catherine's College Health Sciences and Medicine Living Learning Community aims to underpin the student experiences for residents with a passion for the sciences. It has been set up with the aim of providing this sub-community of students with the benefits of sharing two designated common study spaces in which to share ideas, develop skills and build a community of peers. Students will also have the opportunity to interact with Scientists in Residence, network with industry leaders and seek mentoring opportunities to assist in their future careers.

## PROFESSIONAL MENTORING PROGRAM, SEMESTER 1

The St Catherine's Mentoring Program creates relationships with industry leaders who invest their expertise and support the professional development of residents at St Catherine's.

Residents learn industry requirements, build networking skills and prepare themselves for the professional environment. During Semester one this year, 24 residents were paired with course-specific mentors.

Shivangi Mishra is the resident Program Coordinator of Mentoring at St Catherine's. Studying a Master of Professional Engineering (Chemical), Shivangi hopes that one day, someone might be drinking cleaner water, breathing cleaner air, or use more renewable energy because of her work within the industry.

"I have always been told that university and networking go hand in hand and lacking in either could cost me my future. I consider myself fortunate to be mentored by Minali Gamage (Risk Specialist at Western Power). Due to this consistent mentorship for the past two years, I have learnt to put myself forward as a professional," said Shivangi.

*"St Catherine's has an immense hand in shaping and developing all residents in terms of the progressive and professional spirit we share at college."*



Shivangi Mishra, Mentoring Program Director

## ACADEMIC SUCCESS

As Director of Studies at St Catherine's, Holly Nilan has been able to apply the skills learnt in her Masters of Secondary Teaching at UWA to express her love for learning and teaching while encouraging others to achieve their academic best. With a total of 695 hours of tutorials sessions this semester, Holly organised tutorials for 98 unique units.

*"In my view, the key to success at university, is to develop a sense of intrinsic motivation. Both at university and at work, if you are only working to gain superficial rewards or meet meaningless targets, you will never feel truly fulfilled or achieve your absolute best. The drive to succeed has to come from within, and this involves building a solid work ethic," said Holly.*

As a free service to residents, tutorials in any subject can be requested and residents can participate in individual or small group sessions where they can ask questions, clarify concepts and delve deeper into their subjects.

## HOLLY'S HOT SPOT

Drop in sessions each week for assistance with everything from unit planning to referencing.



Director of Studies at St Catherine's, Holly Nilan

## ACADEMIC PROGRAM AND SUPPORT

The focused study atmosphere at St Catherine's is an advantage you would not have if you lived at home.

"The best experience at College, has been just gaining some independence. I am so glad I came here, because it is hectic at home. I miss my family, but I wouldn't be able to study with all the distractions." Tyra Hayward, Resident at St Catherine's College



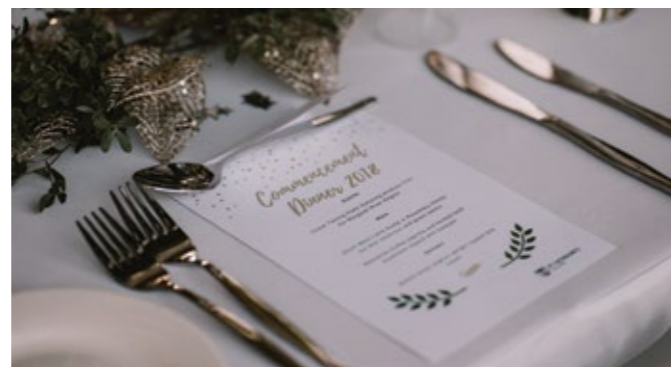
Tyra Hayward



One of the many shared study zones at St Catherine's

## COMMENCEMENT DINNER

One of the highlights of semester is the Commencement Dinner. This tradition heralds the formal start of a new academic year. All residents step out in their finest evening attire and their academic robes to celebrate the start of a new year together as a community of scholars.



# Inter-College Competition

St Catherine's outstanding competitive spirit results in masses of support at all sporting and artistic inter-college events. Our college outperforms the competition regularly and residents are fiercely supportive, cheering loudly for their fellow resident athletes that play 14 different sports throughout the year. We like to win and support one another and are proud to announce that we won the Inter-College Lip Dub competition this year.



## LIP DUB

St Catherine's claimed victory in the 2018 Inter College Lip Dub competition. Our lip syncing performance was perfectly dubbed to bring alive the vocals and tempo of Hot Chelle Rae's 2011 hit, *Tonight Tonight*. The cinematography captured lively performers and leads, requiring extensive preparation and rehearsal to create a seamless experience.

Check it out on our YouTube channel <https://youtu.be/HlwJQIEsEXk>



Inter-College Cross Campus runners and walkers enjoy the sunshine

## INTER-COLLEGE X-CAMPUS RACE

With the bang of the starter gun, the Inter-College Cross Campus Run/Walk kicked off the competition for 2018. Athletes and walkers traversed a 5k course across UWA campus as the battle for the sports Cups got underway.



## SWIMMING CARNIVAL

The Swimming Carnival is one of the premier sport events and St Catherine's turns out in force to support our swimmers and soak up the atmosphere.



# Update on *Dandjoo Darbalung*

*Dandjoo Darbalung* is the Indigenous Access Program at St Catherine's College. Established in 2012, it is a wrap-around program to support Indigenous students with their tertiary studies while encouraging and nurturing their cultural identity.

## CULTURAL AMBASSADORS PROGRAM (CAP)

The Cultural Ambassadors Program delivers a rare insight into the local lifestyle of remote communities throughout Australia, creating opportunities to communicate with Aboriginal elders and various community members, building connections between students to improve acceptance and understanding of Indigenous Australians.

St Catherine's residents are selected to participate in several cultural immersion activities including two camps, cultural incursions and excursions and five in-house discussions. Living like a local, rather than visiting as a tourist, offers a different perspective. Students learn new ways of thinking and become more interculturally competent individuals. They become Ambassadors for Indigenous Culture.



## BUILDING PROJECT

The building project of 54 new rooms, a learning centre and cultural space at St Catherine's has commenced construction, with significant funding support from both the Federal and State Governments.



Building site

## BILLIE KICKETT-MORRIS

St Catherine's College Alumna and Noongar Woman

*"What I liked about living at St Cat's was having other Aboriginal students there, as well as the Aboriginal support room to gather in. I liked the strong sense of community in the College and it was a really comfortable place to live and easy to fit in with everyone. St Catherine's was welcoming and had a great sense of family. I loved it there."*

Billie graduated as a Doctor in 2017 and is currently working at Sir Charles Gairdner Hospital



The First Nations Exchange program commenced in 2017 and gives residents a once in a lifetime opportunity

The recent Cultural Ambassadors Program (CAP) Camp in Leonora focused on sharing Aboriginal Culture with non-Aboriginal residents.



Photography by Belinda Gibson



## 1990s reunion

Enjoying a trip down memory lane, 25 alumni from the 1990s joined their gal pals at the 1990s St Catherine's reunion in July. The alumni caught up on more than 20+ years of news and milestones and the evening included cocktails, canapes and a tour of the College.

The 1990s Reunion Coordinator, Kate O'Shaughnessy engaged everyone with her passionate speech about women's equality, followed by Elodie Hayward, a current undergraduate resident, who talked about her experiences at college, her residential scholarship, the benefits of networking and her fondest memories of St Catherine's so far.

The 1990s alumni placed the surplus from the event towards the creation of a scholarship to recognise the women of the 1990s. If you would like to support the 1990s scholarship, please go to <https://stcatherines.uwa.edu.au/community/giving-and-philanthropy>



1990s reunion

## More opportunities to meet old friends

### SYDNEY REUNION

: Friday 30 November 2018

: 6.30pm – 9pm

: Venue: Hunter Gatherer, Greenwood Plaza, 36 Blue St, North Sydney NSW 2060

: Cost \$40

: Reunion Coordinators: Luke Ribet and Taufiq Zainal

: Website sign-up: <https://stcatherines.uwa.edu.au/events/2018/11/30/sydney-reunion>

### 2000s REUNION

: Date to be confirmed

: If you are keen to be the reunion coordinator for the 2000s, please contact Brooke on 9442 0591 or email [alumni@stcatherines.uwa.edu.au](mailto:alumni@stcatherines.uwa.edu.au)

## Live a larger life

Residents at St Catherine's really do live a larger life. From pursuing passions to developing the skills to turn failure into opportunity, there are many goals and dreams that can be turned into reality at St Catherine's.

### BRITISH HIGH COMMISSIONER VISITS

St Catherine's College together with the PRISM Alliance were delighted to host the British High Commissioner to Australia, Mena Rawlings. The event included spirited debates and discussions on some of the political and social issues facing us including; Gender Inequality, Brexit and Syria. A Q&A to Her Excellency followed with encouraging words for the high-achieving crowd. Her Excellency emphasised the need to build confidence and resilience, alongside a supportive network to stay grounded on career journeys.



Mena Rawlings, British High Commissioner



Multicultural celebration

### INTERNATIONAL FRIENDSHIPS AND CONNECTIONS

Long lasting friendships and connections are found throughout St Catherine's College, with people from all different backgrounds and from all over the world. They are celebrated at the many events and peer led activities, allowing you to step out of your comfort zone and try something new.



Fresher Dance on Matilda Bay foreshore

### LEADERSHIP

Dare to take to the stage and develop your potential through the many leadership opportunities at St Catherine's. College is the perfect place to build your skills and nurture your talent before stepping out into the world of work and extra responsibility.



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@stcatscollege  
#stcatscollege

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# Apply

## What to do

St Catherine's is the leading College for innovative programs and we have set the bar high. We are focused on helping you achieve your best!

### 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 to see life at St Catherine's first-hand.

### 2. Apply Now

Submit your application at [livingoncampus.uwa.edu.au](http://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.