

STUDENT STORY



Lauren

Area of study:

Bachelor of Psychological Science
(Honours) - 2023

Why do you live where you live?

I've always lived regionally - I grew up in country towns. I spent a few years living in my early 20s but moved back to the country to be closer to my family. When I met my now husband I moved to Wonthaggi to live with him and we started our own family here. I love where we live - the space, bush land and beaches are the perfect place to raise our daughter (and plenty of room for our fur babies as well).

What are your passions and how do you typically spend your free time?

Right now I am in the midst of completing my honours thesis, so my 'free time' is largely spent reading the literature in my interest area. Apart from that, we love to go camping whenever we get a chance, and I enjoy teaching myself new hobbies - I learned to crochet using YouTube tutorials during COVID and I'm currently attempting to teach myself to play the piano.

What kind of work are you currently doing?

Currently I'm working as an NDIS Support Coordinator and Psychosocial Recovery Coach for Disability Connect Victoria. I generally work with clients who have severe mental health issues. I love building relationships with my clients and helping them to build the skills and networks they need to work towards their goals. Coaching them and seeing them become capable of things they didn't think they could do and seeing them become proud of themselves is the best part of my job.

What inspired you to pursue your field of education?

I decided to study psychology for a few reasons - living in a regional area and working with vulnerable clients I have seen firsthand the severe shortage of clinicians in most every discipline that we experience regionally, so I knew I wanted to study something in healthcare to contribute to helping people. I chose psychology specifically because I have personally experienced mental illness and the barriers faced by consumers in regional areas, particularly in continuity of care. I've also experienced the loss of family and friends to suicide, and working in suicide and self-harm prevention is a goal of mine. I want to be able to improve the mental health outcomes in my community and work in health policy to ensure consumers in regional areas are comprehensively supported!

How has CUC Bass Coast assisted your learning journey?

I have a young child who is absolutely a mummy's girl, which is amazing - but also makes it difficult to study as I generally have a little person attached to me. Having CUC Bass Coast to go to gives me somewhere out of the house to go to study where I don't have someone needing me constantly. The facilities are awesome, modern and comfortable, and it's great having a place where I can be around likeminded people. Even if I don't feel like socialising, being in the centre makes me feel more connected to others and I love that CUC Bass Coast arrange social events for us as well - studying online can be so isolating, so this is very important to me. Also - Andrea (Centre Manager) is such a welcoming and friendly person, it's hard not to feel positive and optimistic in her presence!