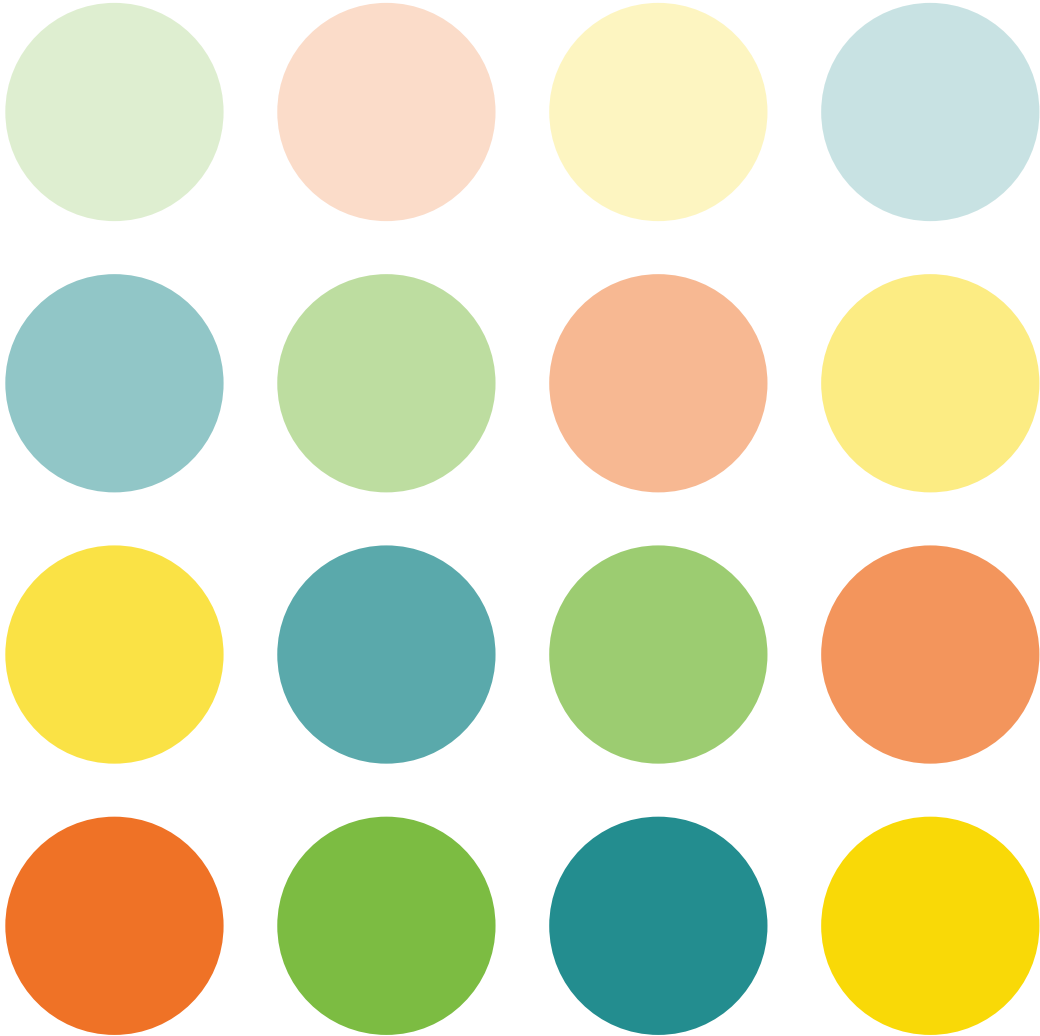
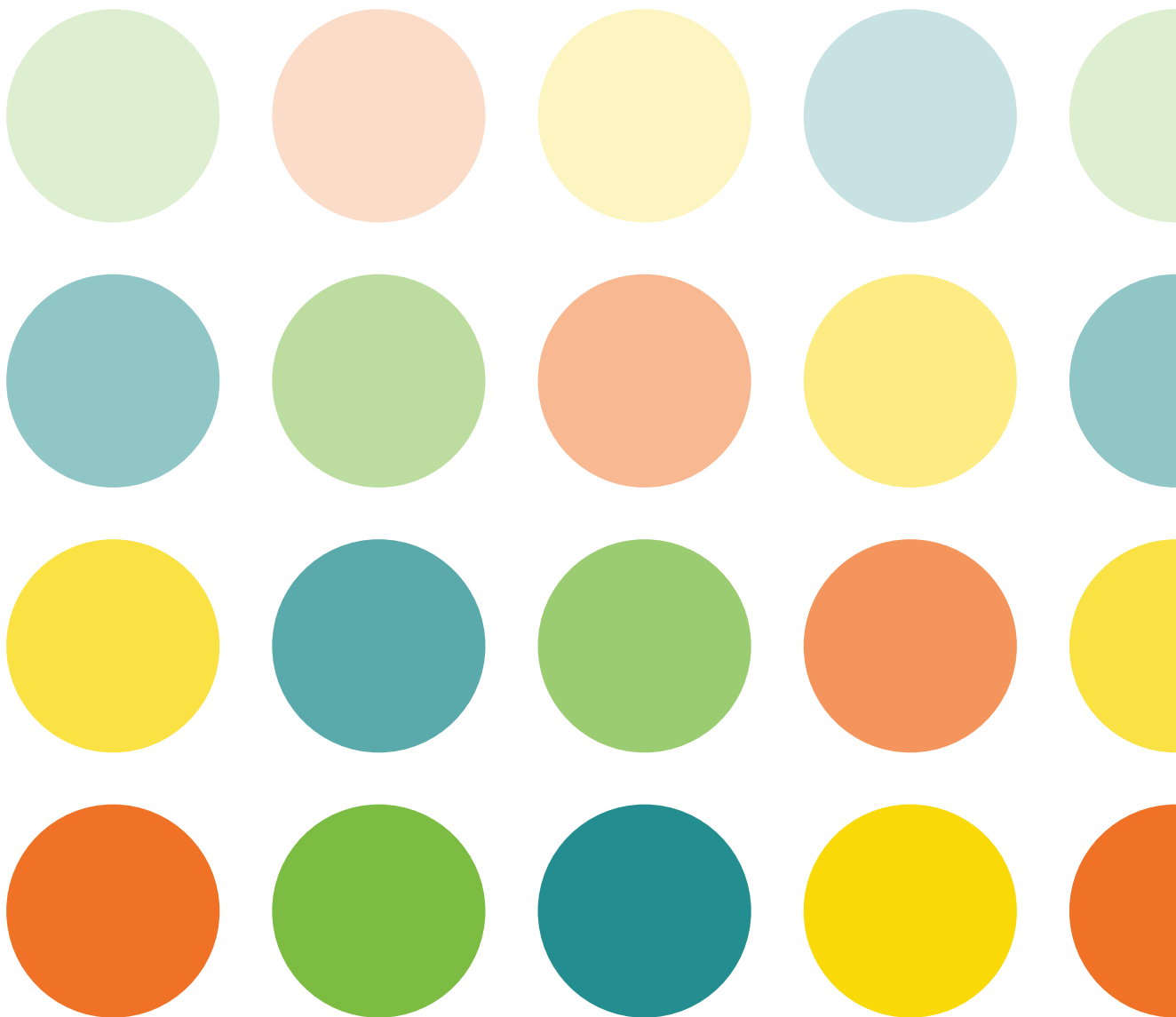


Briar's Internship at

# Parklife Group







# Week One



After our meeting the Wednesday prior, Kate suggested I start at 9am on Monday the 30th of July. When I arrived, Kate was briefing Louise on outstanding work, what needed to be done allocating jobs. Kate then went through her reasoning behind Parklife in terms of the location, the atmosphere and the general culture of the Lab Factory. The location, she said, was because there are a lot of collaborative work spaces in the city, and some in more regional areas, but there did not appear to be very many in the areas between the two, hence Rockingham.

The general concept of the Lab Factory with a number of different business types in the one collaborative space, appears to work really well for everyone involved. It certainly has a friendly atmosphere.

After Kate gave us a run down of her story – both establishing Parklife and her experiences before – I set about planning the youth empowerment magazine with a Creative Writing intern from Curtin University; Loren.

We began by looking at the project outline that Kate had given us with suggested articles and topics as well as names. After a bit of discussion, Loren and I decided that the name 'Get Set Go' without an exclamation mark was the best out the names listed and made probably the most sense given the general theme of the magazine is youth opportunity in employment and how to gain it.

We then moved on to the suggested articles and topics. We fleshed some of them out to be a bit more specific and included some pieces in our final list that Kate had said she liked about articles in other magazine pieces. We ended up with the below list of articles (not sorted into order as yet):

- Expose of Briar and Loren
- Resume/Portfolio construction – from the employer's point of view
- How to Dress
- Balance section
  - Life hacks – eating healthy, exercising
  - Routines
  - Journaling – space for audience participation
  - Goals/plan of action – prioritising
  - Mindfulness & knowing yourself – maybe adult colouring-in
- Making Decisions – dos and don'ts
- Follow your passion
- Finances
- How To guide
  - Contacting potential employers – phone and email conversation construction.
  - Resources and tools
  - Pathways
- Case Studies – most likely 6= 3 males, 3 females.

Having looked at other magazines that have a similar target audience, we liked the idea of sectioning information almost into chapter-like things. I also thought it was valuable for the audience to have space/s to participate through writing or colouring or planning.



Once we had decided on the articles and that the most realistic number of pages for us to aim at, would be around 48 pages, we got to work on researching interesting young Australians for the case studies – as we decided that that was the article that would most likely take most time and resources. I found a website called 'The Cusp' that had a long, detailed list of 20 young Australians on the cusp of greatness – we read a few of the short biographies and the quotes were saying exactly what we were looking for, such as: "Don't think about the career, don't think about what your parents or your friends think. It's you that will be doing it, and if you enjoy it, then that's the right choice." – Dr Alan Duffy. I struggled to find better subjects for the case studies after that besides a young man from WA nominated for

young Australian of the year. Loren found an inspiring young indigenous woman whose achievements are incredible.

I then moved on to designing some male-friendly pattern designs for backdrops and borders (orange and blue on next page). I will have to be a little flexible on colour as we haven't yet seen the colour palette and cover page that was designed last semester. I was constantly referring to Teen Breathe and Frankie and Audrey for inspiration. I will be moving onto layout design next week once I have done a little more visual investigation and research into layout potential in youth magazines. Seeing the colour palette will help me along as it will undoubtedly communicate a mood and style.

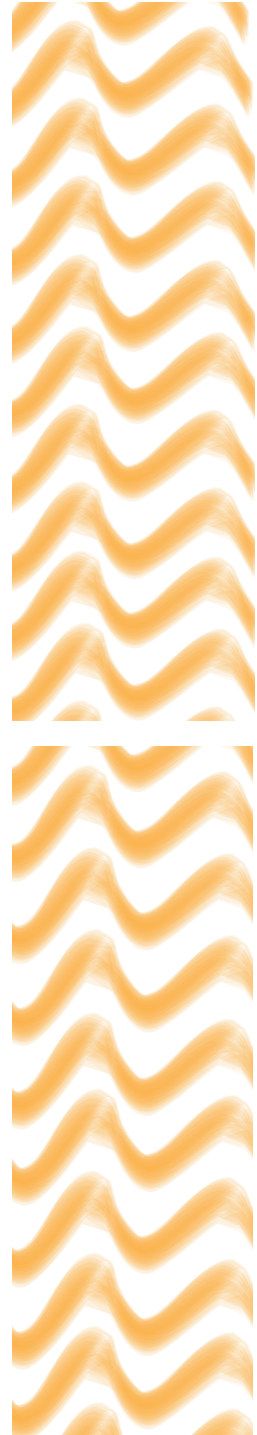
CLIENT		
PROJECT NAME	Youth Publication – <i>Get Set Go</i>	
CLIENT NAME	Kate Stagg	
BRAND	Parklife Group Pty Ltd	
PRODUCT	Quarterly Magazine – <i>Get Set Go</i>	
CONTACT INFO	NAME	Kate Stagg
	PHONE	08 9524 7621
	EMAIL	kate@parklifegroup.com.au
	MAILING ADDRESS	The Lab Factory Cosharing Space 35 McNicholl Street Rockingham WA 6168
DATE: 22/03/2018	AUTHOR: Kate Stagg	

PROJECT	
DESCRIPTION	
<p>The creation of a youth empowerment magazine.</p> <p>Topics/ Articles to include:</p> <ul style="list-style-type: none"> <li>• Knowing yourself</li> <li>• Finding out</li> <li>• Making decisions</li> <li>• Goal setting</li> <li>• Plan of action</li> <li>• Resume/ portfolio</li> <li>• Resources/ tools</li> <li>• Success stories</li> <li>• Do's and Don'ts</li> <li>• Journal</li> <li>• Routines</li> <li>• Life hacks</li> </ul> <p style="margin-left: 200px;"><i>ebook - Etiquette of an Intern.</i></p>	

OPPORTUNITY
<p>Collaboration between Murdoch Design Students and Curtin Creative Writing Students to create a magazine aimed at their target market.</p> <p>Ability to be part of a collaborative cosharing space offering direct contact with multiple specialists.</p>

ELEMENTS	
What are the fundamental components of the project?	
Brainstorming	Content Collection
Research	Presentation
Topics / Sectioning	Editing

TARGET AUDIENCE
PROJECT TARGET   who are we trying to reach?
Male and female 16-25year olds

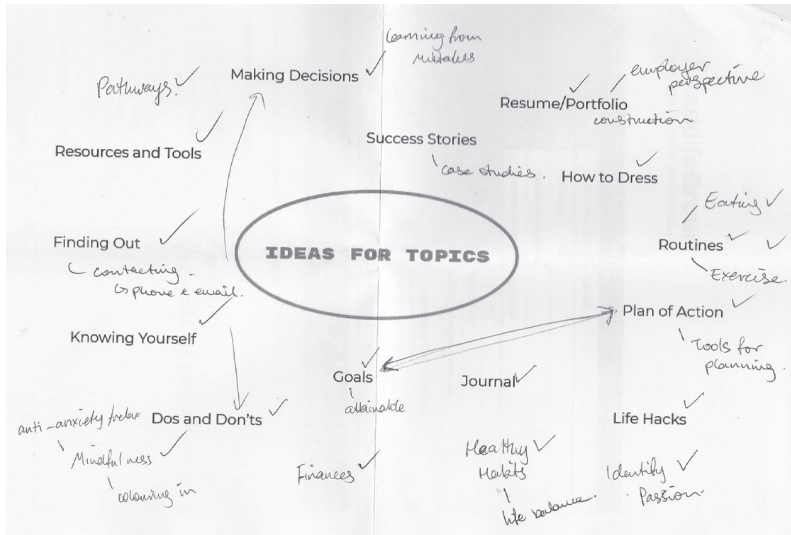




# DAY PLANNER

NAME: BRUAR DUNNET      DATE: 30/7/18

PRIORITY	ACTIVITY	COMPLETED
	<i>Get Set Go</i>	
30/7	1 Research & style familiarisation - + concepts	
6/8	2 Pattern & layout designing & research.	
13/8	3 Layout to articles. <small>→ which layouts for which articles. Get photos</small>	
20/8	4 Basic paper-plan of whole mag done - ordered & everything	
27/8	5 Computrise layouts & patterns & everything.	
3/9	6 Photoshopping, styling etc. fonts.	
10/9	7 Iconography & Illustrations	
17/9	8 " "	
24/9	9	
1/10	10 Cut off for photos to accompany articles.	
8/10	11	
15/10	12	
22/10	13 Portfolio work.	
29/10	14 Portfolio work	



# Week Two



I took a lot of creative materials in today. I wanted to have no excuse to struggle with visualising things. And I saw having colouring implements and white-board markers and my pattern source-book as a means to encourage my own creativity and perhaps inspire me a bit.

It was a lot less collaborative today from me and Loren. We both had a fair bit of work to do that wasn't really directly related to each other at this stage. She contacted a careers advisor and worked on drafting another article, while I was familiarising myself with the colour palette that Kate gave us this morning – for some reason, the email she sent us earlier with it attached, failed to send. I spent most of the day trying to wrap my head around what I consider to be a fairly limiting colour palette.

I re-researched magazine layouts, went over and over the style guide elements from the previous intern students, acquired the appropriate fonts and debated whether a change of cover design was necessary given the change of name.

I decided – after confirming with Loren – that a change of cover was indeed needed as the covers that had been prepared previously really didn't match with the new name of 'Get Set Go', although they went fantastically with the old name of 'Youth Riders.' This decision led to me brainstorming what 'Get Set Go' could mean as a phrase and therefore what visual cues and elements I could employ to demonstrate the overall empowerment message of this youth magazine.

I then did a bit of research on these common associations to get visual inspiration. The most common association – and the one that would help to reinforce the overall message – was a road and seeing life as a journey, a marathon not a sprint and so on. One of the previous covers did feature a road heading into the mountains with a figure on a motorbike. I liked the general idea behind this but wanted to find a way to make it less about the figure and more about the scene itself. I came across many road/journey photos and ended up using a photo of a slightly bumpy road that fades into the distance with blue mountains in the background. I sketched out a rough idea of what it could translate to as more of an illustrative style cover and then proceeded with an illustrator iteration. I took my time and gradually added small bits of necessary detail, but was careful not to over-complicate the scene, thus changing the style.

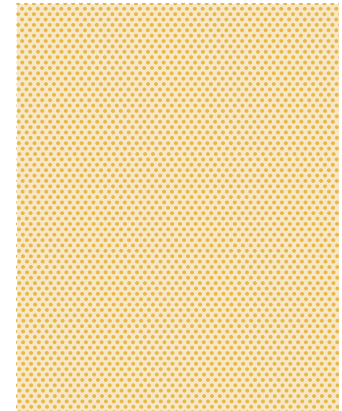
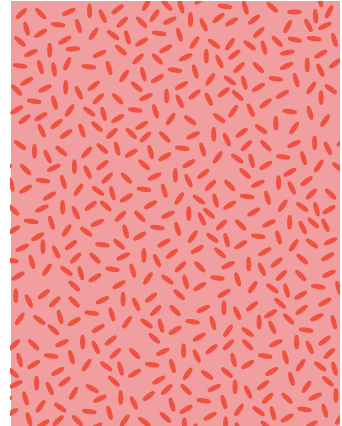
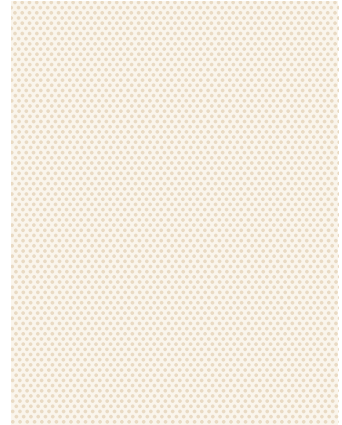
When I got a bit sick of staring at the cover I was working on, I sketched out a few simple patterns I thought would work with the basic feeling of the colour palette and magazine in general. Using my sketches as a basis, I had a little play with making some patterns in Illustrator. Given that I was having a bit of difficulty with the colour palette, I made sure that the majority of the patterns, I made a version in each of the five colours – just for versatility and variety (on next page).

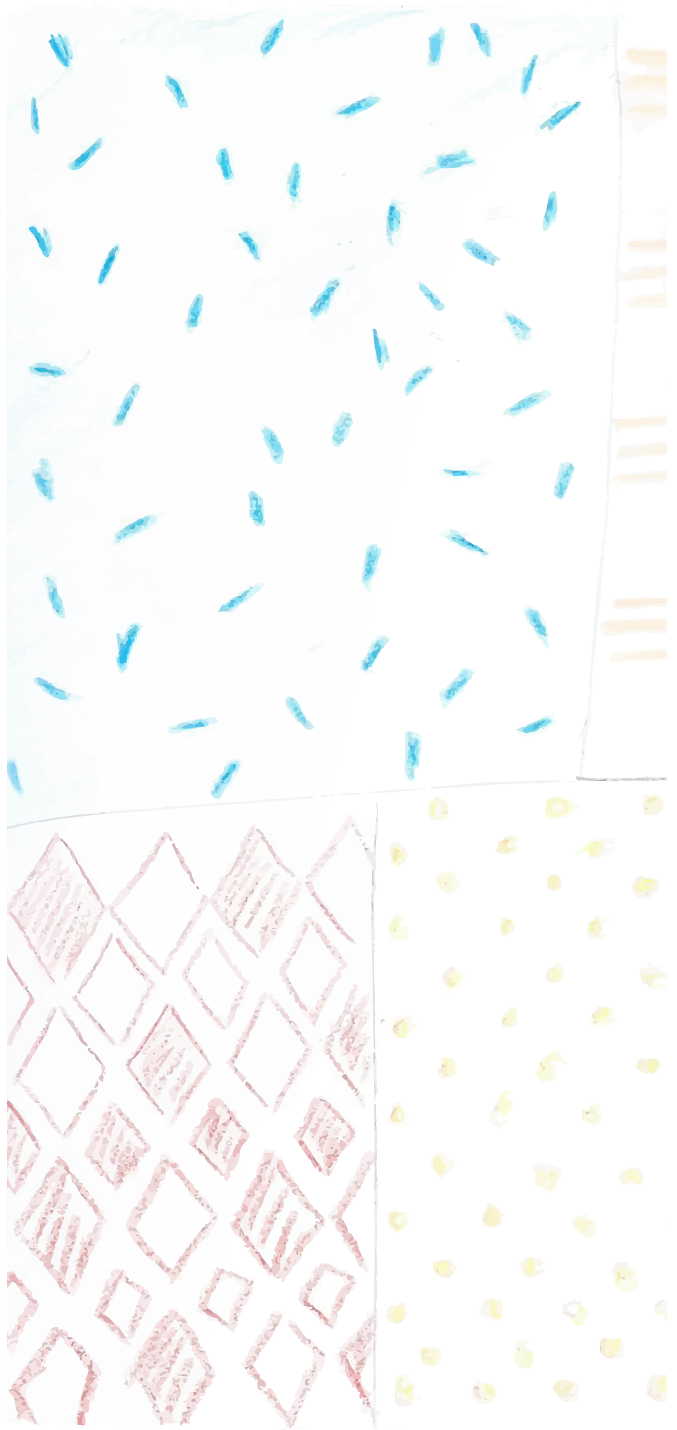
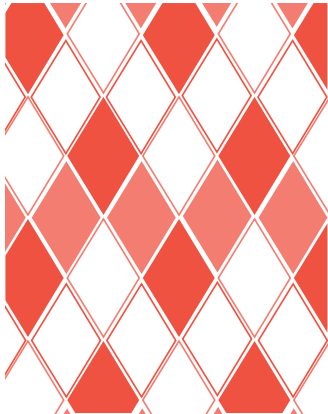


## Colour Palette



Having only seen the colour palette this week, I didn't get a chance to do very many layout designs. I sketched out a couple briefly when I arrived in the morning but wanted to focus more on getting an idea of the cover and colours first. I will be producing as many general page layouts as I can during the week to bring next week. I would like to be spoiled for choice!





# Week Three



It was just me there today, Loren had uni commitments so couldn't make it. I did much the same as last week in that I took lots of resources with me. I took a bigger collection of watercolour pencils this time because I found that the one I took last week didn't have a couple of the colours I needed from the colour palette and so I had to mix, which wasn't very time efficient. Today, I mainly just re-capped both myself and Kate on where I was with the design and general mood of the magazine. I expressed that I was a bit nervous about getting the inside to match the outside because, as much as I liked the mock-up cover I had created last time, it was a different style to how I originally envisaged. This meant that a lot of what I thought I could do; like funky, colourful and vibrant patterns had to be toned down a touch or altered to fit the general style. Once talking it over with Kate, she reassured me and said that it was more important at this stage to work on the inside of the magazine and deal with perhaps changing the outside at a later stage. I referred to my colour combination book in the first few hours of the day in an effort to add to what I still think is a slightly limiting colour palette. It helped a great deal and I was able to find a colour palette that was not too far off what had already been given to me, but quite a bit more extensive (colour palette 2). I added three of the colours from this new palette to the old one to add a bit more variety and

versatility. Kate agreed that they were good additions and still supported the style.

For a few hours, I played with my watercolour pencils, further developing patterns I had previously sketched. I later took the colourful swirl pattern and produced an illustrator iteration of it as a border.

Kate then tasked me with creating – or rather, altering – a logo for a real-estate client (client sheet below) The task was mainly to take the logo of a white, simplified house icon in a blue circle, with mustard coloured writing and 'jazz it up.' Kate advised me to keep the basic elements and try it with the original colour palette to start off with. I tried to just jump straight into it, remembering that Kate had said earlier that with logos, we need to work fast, but well. Very few effective ideas were coming to me after about 30-45 minutes of 'just trying stuff.' So, I paused for a moment, and resorted to doing a little google images search – just to see if anything I could utilise would pop up. This gave me many more ideas! I was satisfied that I wasn't 'copying' because very few of the images I drew inspiration from were using the same colours or even style. I ended up with more 'outside the box' options, especially in relation to using the circle element of the original logo (original logo top left). I worked on this logo, and different colour variations of it until the end of the day, and was impressed with the result.





### Colour Palette 1



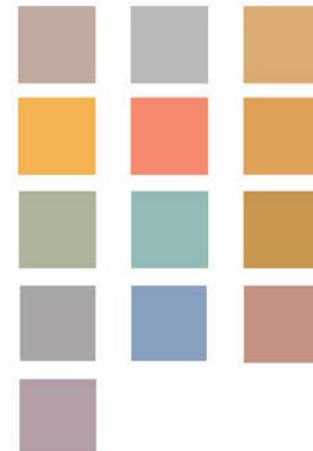
*added from colour palette two...*



### Colour Palette 2



### Single Colours to add to Palette



# Week Four



It was a busy day today! As soon as I arrived, I opened up the digital mock-ups I had been doing over the last week – based on my pen and paper versions – and proceeded to download the appropriate fonts and add more layouts to the collection. Kate then talked to me about the two articles that Loren had done – for some reason, I hadn't received the email. Kate suggested after reading the goal-setting article, that we might like to look into a 'default diary.' She explained that this is a diary that ensures you schedule in immovable time for yourself, self-care and the like. It sounds a lot like the schedule I have just completed for the semester – at Erica's urging. At the end of the decision-making article, Kate had made another suggestion for a separate article about 'eating your frog.' This needed explaining too. It means, in essence, that you get somewhat unpleasant things over and done with early in your day, rather than putting it off. The phrase 'eat your frog' will feature in the article and Kate particularly liked the idea of me designing a big frog for it, which I'm keen for.

Having got the articles, I set about making the goal-setting article layout, with the content inserted. I had a magazine layout from 'teen breathe' in front of me that I was heavily basing it on. This being the first article, did take longer to suss out. I experimented a lot with the fonts I had previously downloaded, font-size, different shades

of colours in the colour palette, custom strokes, and text-spacing. I was very pleased with the result though as it contained all of the written content, well-spaced in a graphically pleasing manner. I made sure the example photography I used matched the colour scheme for the article, editing it to have a slightly pinky sepia tone. Loren and I then had a little meeting with Kate and discussed what else could be added to the magazine. Given that Loren will have her work cut out for her writing an entire magazine worth of content, I am tasked with finding some brands and companies that could feature in the magazine. I contacted the two that Kate was really keen on through Facebook today; KeepCup and Moo. I also found it helpful that, in the meeting, Kate encouraged me to think about what else I can do when I don't have content – like the colouring-in and activity/puzzle pages, pattern designs, graphics etc.

After our little meeting, I got into designing the layout for the second article; making decisions. Loren had called it 'Decision-making: the dos and don'ts' but with a bit of experimenting with fonts and space, I asked if she wouldn't mind if I changed it to 'making decisions: the dos and don'ts' as it would probably fit better. She was fine with it and so I proceeded with the idea I had for the title spacing – yet again, based on a title I had seen in the 'teen breathe' magazine.



# MAKING decisions

## The dos and don'ts

So, it's your turn to choose tonight's Netflix movie. You're feeling confident and scroll down to the 'critically-acclaimed movies' section. You hit the next button over and over, waiting for a film that catches your eye, but there's nothing. Well, actually, there's everything—there's too much choice. You keep flicking through, your family's gaze sitting heavily upon you as beads of sweat erupt from your forehead. You pause on *Inception*, then see *Forrest Gump*, a classic, further down the line. You look to your family for help, but they shrug as if to say, 'Well, you have to decide!'

But there's too much pressure. Sound familiar?

Sometimes, it seems like everyone in your life— teachers, employers, family, friends, all want the answer to one question: what do you want? But the answer is not always straightforward and requires a lot of decision-making on your part. This is where panic can set in, and things can go wrong. Making big decisions, especially in this phase of your life, is difficult. Keep reading for a few dos and don'ts to help yourself not only make a decision, but a good one.

### CATASTROPHISING

To catastrophise is defined in the online Oxford Dictionary of English as viewing or presenting a situation as considerably worse than it actually is. This is something we all do—we think of the worst outcome of a situation, and let it stop us from doing what we really want—basically, we choose the safe option. If you find yourself doing this, try thinking instead of the best possible outcome, and determine your decision that way.

# DOO

### Stay calm

It's always a good idea to distance yourself from any overwhelming emotions, such as stress or anxiety, before making any decisions. If you are able to approach a decision with a clear-mind, you may find yourself stumbling upon the right option sooner than you thought. So, if you can, sleep on it. However, you don't always have the luxury of time. If someone comes to you with a decision to make that requires an immediate response, and your brain starts running a million miles an hour, just take a couple of minutes to take some deep breaths and get back to a good headspace.

### Have perspective

It is easy to feel like certain decisions may determine the rest of your life— which, in a way, they do (you know, the butterfly effect and all). I guess a better way to put it is, you may feel once you make a choice, especially a big one— choosing your year 12 subjects, university degree, grad program or job application, for example— that you will be locked into that choice forever. This can cause stress, anxiety and consequently, (you guessed it), bad decision-making. A good way to gauge the significance of a decision is to think about how it will affect you in one year, three years, or even five years. When choosing a degree to study, you may think, in one year, I'll either be studying this degree, or not. Not such a big deal, right? Whereas deciding whether to rob a bank, you may think, in one year, I will either be IN JAIL, or not. See the difference? Sorry, dramatic example. I know. But regardless, perspective

### Ask for help

Whilst it is important that in the end, it is solely you that makes your decision, it doesn't mean that you can't seek advice from others. Try and find people who have been in your situation before. Though no experience is ever the same, learning from others is a great way to help you determine how you might go about certain things, or where you might like to go. You may be surprised by where different people in certain roles have come from (check out those case studies)— not everyone takes the conventional route, and you don't have to either! Most people will be happy to help, so don't ever be afraid to ask questions.

I spent a little while developing the graphic elements for this article, based on a sketch I had drawn week one. This involved drawing a head with a cartoon-like brain poking out the top, as well as making cloud shapes. I ended up with the above layout:

I intend to do the next page in much the same style so as to keep the feeling of a cohesive and calming article. I did consider doing the next section - the don'ts - in red to further reinforce the feeling to stop and think.





## A guide to *goal setting*

Could bad goal setting be your future-self's downfall?

Goal setting is something most of us do on a daily basis, without even realising it. Thinking, I better pick up that parcel today, writing a to-do list, or clicking 'play all' on that new series in the hope of binge-watching it all the way through, are all forms of goals. However, it can be hard to distinguish which goals take priority, and what kind of goal is a good one.

**Why is goal setting so important?**  
Goal setting itself is a great way to get stuff done. If done correctly, it can rid you of those overwhelming, doubt-inducing thoughts such as I have so much stuff to do or I'm not capable of that! In the short term, it can help you get that assignment done in time, and long term, it can help you make your way up the corporate ladder.

A 2014 study published in the Journal of Applied Behaviour Analysis saw everyday women aged 18-28 use goal setting to improve their weekly running distance. All participants showed improvements, and one even increased her distance from 9.2km per week to 24.9km per week, over a six-week period. So, there's no doubt that goal setting works—you just have to do it right.

### Okay, so why is it so important that I construct my goals well?

Have you ever made a promise to yourself, and felt disheartened when you don't follow through? I mean, I keep telling myself that I won't continue moving my clothes from the bathroom floor to a chair in my bedroom and letting that pile get so large and unstable that when I pull out my favourite shirt it topples over in a sad-but-true representation of my poor goal setting. No, this time I will hang my clothes straight back up! But every day, I see that pile of clothes staring at me, and it makes me feel pretty crappy (I'm also still learning). If you're constantly not reaching your goals, you will probably find yourself getting down about it, which can lead to giving up. But you just need to reevaluate the way you're constructing them.

### How do I participate in the act that is amazing goal setting?

Well, there's quite a few components to this, so let's break it down.

#### ✓ Write them down!

I cannot stress this enough. It may sound obvious, but if you really want to make a change in your life, there's no point in leaving the thought floating around in your brain with everything else you have to remember. Writing

them down holds you accountable, whether it be digitally, or on paper. I also find putting a little check box next to each goal gives me the opportunity to have the satisfaction of ticking things off as

#### ✓ Break it up

Big goals can be overwhelming, so instead, turn a goal that might be achievable in a few months, into smaller daily goals, which will help you achieve the larger one. For example, if your goal is to be employed within the next

three months, dedicate yourself to an hour-worth of job searching a day, or whatever is realistic for you. This will make your big goals seem much more attainable, and daily goals have the potential to become habit.

#### ✓ Make them specific, timely, and realistic

Say I'd like to get into long distance running. I don't really do much exercise at all, so I'm a beginner. The goal I set is: In the next few weeks, I will start exercising nine times a week. Wow, what a great goal this absolutely is NOT! The time-frame is unclear, the action is not specific, and exercising nine times a week is simply not realistic.

You've probably heard of SMART goal setting, which stands for specific, measurable, achievable, relevant and time-related. Whilst you don't have to construct your goals by this every time, it's a good way to quickly check if you've covered the important bases. So, how would you reconstruct the above goal?

If you said something like, I will go for a 30-minute walk every day, you've got the idea. I could then progress this goal to a 15-minute jog every day, once I feel ready.

### Okay, now what?

Now, you can prioritise your goals. Of course, one way to prioritise is by looking at the time-frame, and what needs to be done by when. Another is by impact—if you don't achieve this goal, what will be the repercussions? If you have an assignment to finish and submit that day, but you'd also like to do an hour of leisurely reading, you should be prioritising your assignment. Your repercussions would obviously be much more serious if you didn't complete it. Obviously, it's not always this

forward, but once you get the hang of it, you'll find prioritising a handy tool to ensure the most important goals get done first.

Well, by now you should be a good goal setting lunatic. Some might say all of this is overthinking a simple idea, but it's a really important concept. Setting clear, attainable goals can be a life-changing act. As American author Zig Ziglar said, "a goal properly set is halfway reached."

## Your Turn

□ \_\_\_\_\_

□ \_\_\_\_\_

□ \_\_\_\_\_

□ \_\_\_\_\_

□ \_\_\_\_\_

□ \_\_\_\_\_



# Week Five



It was a significantly less productive day for me today. I spent a good deal of my day briefing Celine on the magazine – target audience, colours, style, message etc. After a fair amount of explanation, I suggested that she make the big frog for the ‘eating your frog’ article, and we looked at some frogs for inspiration then she was underway.

While Celine was doing the frog and Loren was madly writing, I got on with finalising the chameleon colouring-in artwork that I did last week. Once I’d outlined it all with black, I brought it into illustrator and image traced it. I then spent a little time trying to fix up some of the jagged lines that came from the image trace.

Loren then sent me her latest article entitled ‘Confidence and You.’ I asked her a little about it to get some context about the lady she had interviewed and the underlying point and message of the article, in her opinion. This gave me a bit more of an idea of what kind of design and layout the article lent itself to. I then looked into colour symbolism for confidence and found that green communicates safety, so I ran with green as a colour theme for the article.

Loren and I had previously discussed how we like that some section introduction pages just had a quote on a plain background, and I thought that would ease into the article nicely, so I looked at a number of quotes and consulted both Celine and Loren before settling on a quote by Theodore

Roosevelt. “Each time we face our fear, we gain strength, courage, and confidence in the doing.” Its length and explicit mention of the word ‘confidence’ were the selling points. After that, I played with making the title look like it had been shouted – or at least very bold and clear.

Loren contacted Kate – who was out of the office today – to check over the confidence article with her, and hence suggested that I don’t go too mad designing for it, in case it changed in the end.

I then finished off the ‘making decisions’ article layout. I changed it up a little, putting the ‘DO’ section on the second spread and the ‘DON’T’ section on the first spread. This was because of the distribution of information. The ‘don’t’ section was significantly shorter and fitted around the vector graphic head better. This also allowed for the more comprehensive tips in the ‘do’ section to be spaced out better – and even for the font to be a larger, easier to read size.

I also altered a pattern or two throughout the day, finally getting around to finishing off the jigsaw pattern in the correct colours, and creating a green dot pattern to match the confidence article layout. In addition to these patterns, I worked on making some stylised clothes icons – just as sketches on paper – to make up the pattern that I’m looking at accompanying the ‘how to dress’ article.

"Each time we face our fear,  
we gain strength, courage, and  
confidence in the doing."

- Theodore Roosevelt

# CONFIDENCE

and You

Confidence is an extremely handy quality to have under your belt. It can help you land that job, solve that problem, and leave others with a great impression of you. Yet, it is also something that seems to stump a lot of young people, myself included. It's like, me? Feeling... certain? About myself and my abilities? But, but how? So, why is confidence such a sticky subject? To get some answers, I chatted to Sarah McElinchey, CEO and Founder of no boxes Mindset Coaching about all things confidence.

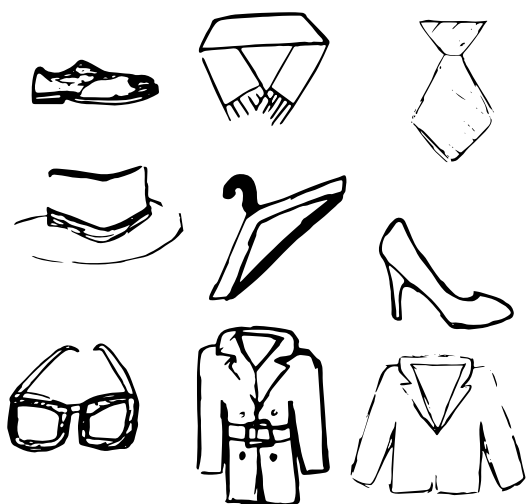
**Q: Is insecurity something you deal with a lot with your clients?**

A: Yes, it sure is. There is a major gap in society of how people have been educated and trained in confidence or, more importantly, acceptance of who they are. Confidence comes from being in a place of love and acceptance for who you are and what you stand for. If this hasn't been a skill that you've been taught, or allowed to express, then it will result in a lack thereof. Most of my clients approach me because of their confidence issues. These generally show up as anxiety, but whatever it's called, it's preventing them from stepping fully into their life. Before long they're unstoppable on their own path.

**Q: Why do you think so many young people are lacking confidence in their own capabilities?**

A: There is so much comparison to others in society. We see the obvious ones, like magazines and celebrities and the fake reality that we're shown in that world. And because they are portrayed as success—due to some distorted definition of what success actually means—people then fall into unhealthy comparison and

Over the next week, I am looking at possibly contacting more advertisement companies – all of the organisations I contacted in the past week declined the invitation to be a part of the magazine. As well as working on more relevant and interesting patterns, and creating puzzles.



# Week Six



This week was considerably more productive than last week. I started by catching up with Celine and just touching base on the things we had done over the last week. I then started on the maze. I'd had an idea for it yesterday and didn't quite get around to making it a reality - I thought a mountain that you had to 'climb to the top of' was a somewhat cliché, but cute idea. It took me a few hours to draw it all in pencil and then outline it all in black.

After I finished the maze I started on the 'how to dress' article pattern that I've been kind of drafting for the last couple of weeks. Last week I drew all the icons that I wanted to include in the same sized boxes in an effort to make them all cohesive as elements of the one pattern. I brought these icons into illustrator and traced over them. I then coloured them and ensured no outlines were included - to stay with the general style of the magazine. This took me right up to lunch time.

When I returned from lunch I launched into thinking about a quiz that we want to include to help young people 'identify their passion.' I concluded that I couldn't very well make a quiz like this if I hadn't taken one so I googled career quizzes and took a couple of open colleges' ones.

I found that many of the career quizzes out there work on identifying your personality type from 16 possible options, and then from there suggest

career opportunities and pathways. In order to better understand how I could construct a quiz like this, I took a closer look into these personality types - the traits they're associated with and the careers that best suit each. I found a very useful infographic that not only looked at the percentage of the population that are likely to have each of the 16 personalities, but also the best careers, average incomes, unemployment rate etc. I had thought about making the quiz more of an infographic/flowchart thing, but the discovery of this infographic simply confirmed that this was a good idea.

Having looked extensively into things for the quiz and still not concluded how to go about constructing a quiz that would give useful and credible career-related solutions, I swapped to looking at constructing a crossword and word sleuth for a while.

I found a number of online tools that would help in the physical construction of a crossword - although most were aimed at kids and were not for crosswords so much as criss-cross puzzles.

After only a short while, I decided that I would probably be better off trying to make one from scratch myself, so I proceeded to thesaurus.com and made a list of ten clues and answers. I had a brief look at making word sleuths but didn't make any in-roads into how I will construct one just yet.



Just before we left for the day, we had a brief meeting with Kate and just brought everyone up to speed with how each of us are getting on. One concern I did raise was that Celine and I have very different styles as far as layout design goes. I think this may

stem from having varying ideas on the general style of the magazine itself and views about the target audience. This however, is not necessarily a bad thing. It could be very positive that we are approaching it in different ways, allowing for great versatility and variety.



Personality Types Best Jobs

<sup>misgivings of</sup> INTJ: The Intellectual. Imaginative, strategic, planning

<sup>spare</sup> ENTJ: The Director. Bold, imaginative, leader.

<sup>ambitious</sup> ENTP: The Designer. Smart, curious, intellectual

<sup>ambitious</sup> ESFP: The Entertainer. Spontaneous, energetic, enthusiastic.

<sup>professor/lecturer</sup> INTP: The Devisee. Innovative, curious.

<sup>ambitious</sup> INFJ: The Idealist. Quiet, mystical, inspiring.

<sup>ambitious, politician</sup> ESTP: The Showperson. Smart, energetic, perceptive, risky.

<sup>ambitious</sup> WFP: The Helper. Poetic, kind, altruistic

<sup>ambitious</sup> ISFP: The Chameleon. Flexible, charming, ready, explores.

<sup>ambitious</sup> ENFP: The Educator. Charismatic, inspiring.

<sup>ambitious</sup> ISTP: The Innovator. Bold, practical, handy.

<sup>ambitious</sup> ENTJ: The Manager. Managers, organized, particular

<sup>ambitious</sup> ENFP: The Advocate. Enthusiastic, creative, sociable

<sup>ambitious</sup> ESFJ: The Contributor. Caring, helpful, sociable, popular

<sup>ambitious</sup> ISFJ: The Defender. Dedicated, warm.

<sup>ambitious</sup> ISTJ: The Auditor. Practical, fact-minded, reliable.

↳ systems administrator

# Week Seven

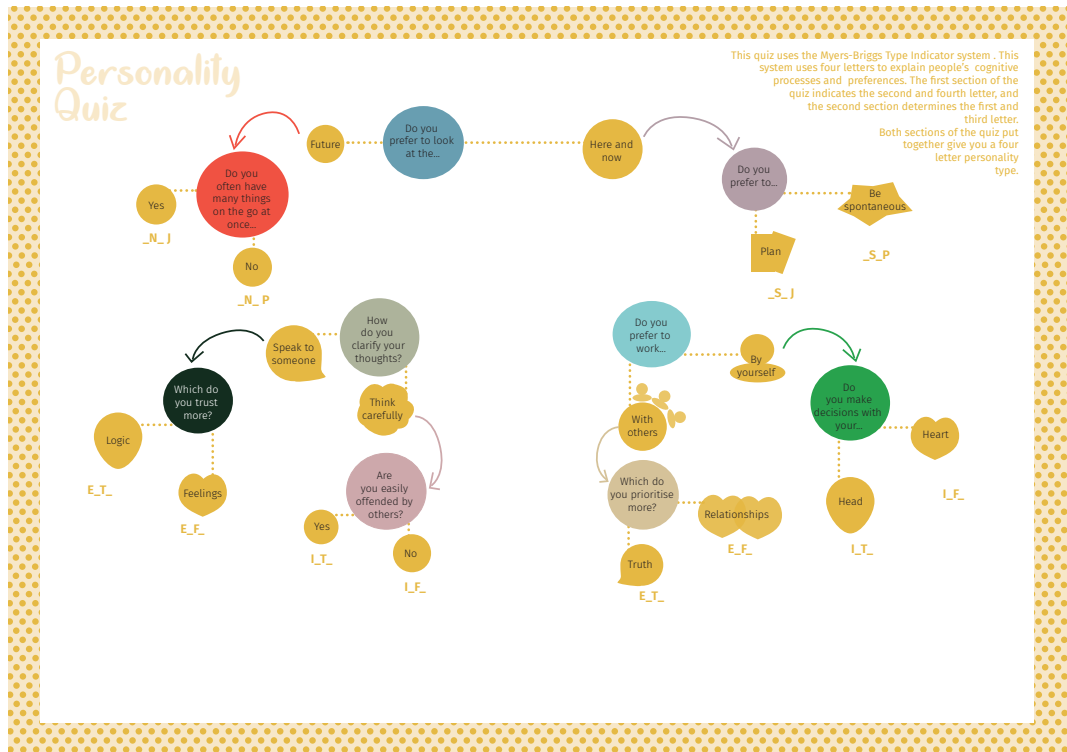


This week wasn't quite as productive as last week as the writer; Loren wasn't there. This meant there was only so much Celine and I could do without extra articles coming in for layout designs. I spent most of the first three hours pretty-ing up the crossword and word sleuth I had created over the previous week. I tried to make them two distinctively different styles. I used some of my watercolour scans on both. The crossword features two watercolour leaves I was working on in the past week for my portfolio. I complemented the grassy green of the leaves with the pinky tones of the cream from the colour palette. Some of the clues and answers to the crossword did end up a bit random - my original idea was to have them all youth career and empowerment themed, but it got a bit tricky when it came to intersecting words. The word sleuth was a quicker job for me to style. Although I did have significant issues both over the past week and today, getting all the individual letters to line up. I tried looking up grids and creating a grid in InDesign so I could manually line the letters up, but then it occurred to me that using a table would not only be faster, but probably a lot easier. I am more familiar with tables in InDesign after going through a bit of a table creating and styling phase last semester. After all the letters were in their appropriate places, I used a watercolour scan of some tissue I used to mop up one of my watercolour experiments with as the background

for the sleuth. The tissue was crumpled and the colours were varied and random - I was satisfied that it was a more homey, less perfect graphic style than the crossword. After applying a slight feather to the watercolour background, I wasn't - and still am not - completely sure that this is the final product.

I then spent the rest of the day figuring out the personality quiz. We decided fairly early on that having a 'find your passion' or personality quiz as part of the magazine would not only be of some use, but also fun. I had trouble grappling with it today though. I knew that having it as an infographic-style would be most appropriate. And having the content come from the Myers-Briggs Personality Type system would be most logical as it is widely known. This system produces personality types that are made up of four letters. There are eight possible letters and 16 possible results. So I first looked into how to organise these personality types, as having enough space - let alone audience interest - to test for each of the 16 types, was doubtful. I decided to group them according to dominant perceiving function, which meant that there were 4 groups of 4. I then looked into what each of the eight letters meant - so as to construct questions to test for them. This was a relatively simple process as it just meant asking questions with two possible answers - for example: do you make decisions with your head or heart? Head= Thinking, Heart=Feeling

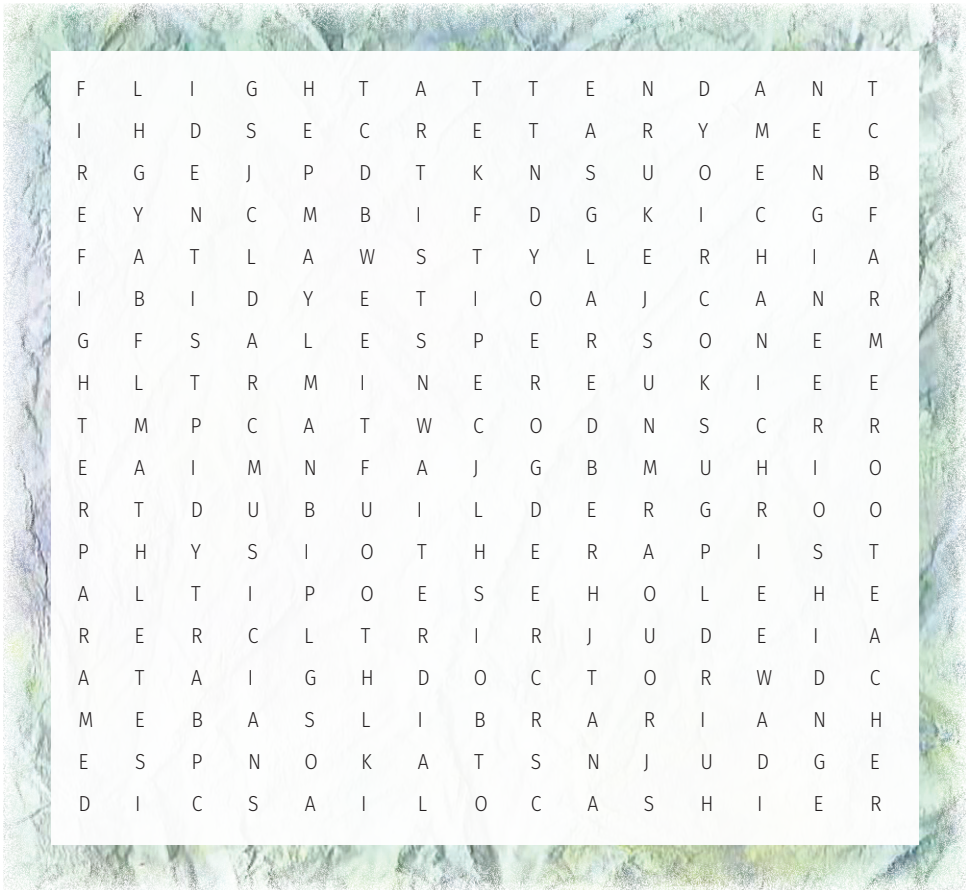




- and that's one of the four letters of a person's personality figured out. In order to be able to estimate the exact four letter combination though, I constructed nine questions. Above is the working quiz progress - there is more to be done on the design and styling of it. The construction of the quiz took me right up to the end of the day - still having not finished it to a standard I was happy with. Other little jobs that I did throughout the day included: altering the 'how to dress' pattern to make the elements smaller and slightly transparent so as

not to distract from the content when it goes in, answering questions on my internship to feature in a social media post sometime in the next week - and having photos taken to go with that - and uploading my most recent pattern creations to dropbox so that Celine may use them if she is laying out an article that would suit one of them. Over the next week, I am hoping to finish off the quiz to a standard I am happy with and look into content and graphics for a horoscope spread/page as well.

# Word Sleuth



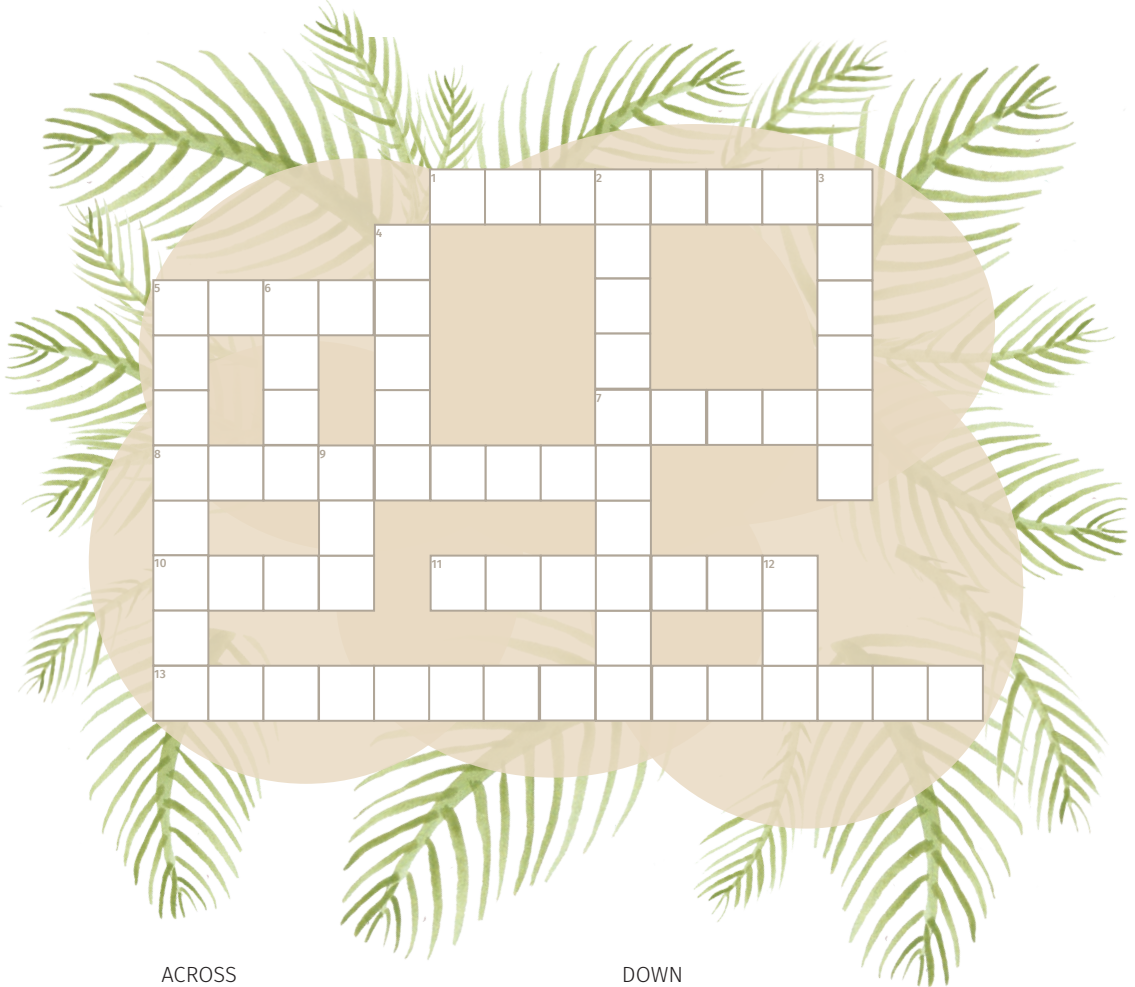
Artist  
Athlete  
Builder  
Cashier  
Chef  
Doctor  
Dentist

Editor  
Engineer  
Farmer  
Fire-Fighter  
Flight Attendant  
Judge  
Librarian

Mailman  
Mechanic  
Miner  
Musician  
Nurse  
Physiotherapist  
Pilot

Salesperson  
Secretary  
Soldier  
Teacher  
Waiter

# Crossword



## ACROSS

1. Reaching a decision
5. Goal setting acronym, which can also mean intelligence
7. An increase - could be in reference to payment
8. A blending animal
10. Getting it over and done with ' eat your ...'
11. Course taken to gain entry to higher education
13. Viewing or presenting a situation as worse than it really is

## DOWN

2. Period of time spent gaining experience in profession
3. Said at the beginning of a race before 'go'(3,3)
4. Condition of a person
5. Precise
6. Acronym for Australian music recording industry
9. Abbreviation for magazine
12. Expression of affirmation

# Week Eight



Today I began by reading over the most recent articles that Loren had sent through last week – I didn't quite get around to doing it at the time I received them. So I had a read of them and came up with some ideas that I ran past Loren and Celine. In the 'How To' section – that is full of highly practical career advice like resume writing and presenting ones-self in a professional manner – Loren begins by mentioning that there are 'many stops along the road.' So my idea consisted of having rolling hills and the implication of a road or journey throughout the section. I pulled up an example I'd used from one of my units (on next page). Both Celine and Loren agreed with the idea and I believe I saw Celine implementing it, in a way, later in the day – as Celine had already laid out most of the section to begin with.

The other idea I had was concerning the horoscope spread that I will be working on next. Recently, in my service design unit, we looked into designing a backdrop for the photobooth we are designing and one of the women in my class designed a particularly striking one with what looked like a paint splatter effect representing stars. I thought that for this horoscope spread, we could do something similar; use some make-shift paint splatter effect to give the impression of the milky-way galaxy or a starry night sky. It seems like a relatively typical horoscope spread design idea, but I think if executed in a fun and creative way, it

could be really nifty and different. This led me to looking into paint splatter vector graphics on Google, for no short period of time. I downloaded a set of paint splatter photoshop brushes and fiddled around with them to get a feel for it, but decided that they were all a bit too paint-like and crowded for my intentions.

Most of the morning today was taken up with a Facebook Ads workshop that we were privileged to attend – in a meeting room in The Lab Factory. It was a very valuable learning experience and I found that, due to a web strategy unit I took in 2017, I felt confident with most of the terminology and technology Sarah (Online Social Butterfly) was referring to. I think we interns did have a slightly difficult time of it during the activities – like outline your audience and a product/service you provide – as we do not yet have a business to refer to. But as Kate suggested to us before the workshop, we tried to apply what knowledge we did have about such things and imagine that we were running a business of our own, whatever that may consist of in our mind's eye.

After the workshop, I tucked into finally getting the 'confidence and you' article fully laid out. It turned out well – a lot of green, but not too much I don't think. I also found a business card for the women who Loren interviewed for the 'Confidence' article, and not only was it green as well, but I think it would fit well

# jeflag



in the 'a bit about Sarah' section at the end of the article.

This took me to within shouting distance of the end of the day, so I quickly got some feedback from Loren and Celine on the articles I had finished up recently. Kate requested that we send her some PDFs of what we have

done so far in the next couple of days - I'm hoping to get the horoscope spread at least started by then - and that was it.

"Each time we face our fear,  
we gain strength, courage, and  
confidence in the doing."

- Theodore Roosevelt

# CONFIDENCE

## and You

Confidence is an extremely handy quality to have under your belt. It can help you land that job, solve that problem, and leave others with a great impression of you. Yet, it is also something that seems to stump a lot of young people, myself included. It's like, me? Feeling... certain? About myself and my abilities? But, but how? So, why is confidence such a sticky subject? To get some answers, I chatted to Sarah McGlinchey, CEO and Founder of no boxes Mindset Coaching about all things confidence.

**Q: Is insecurity something you deal with a lot with your clients?**

**A:** Yes, it sure is. There is a major gap in society of how people have been educated and trained in confidence or, more importantly, acceptance of who they are. Confidence comes from being in a place of love and acceptance for who you are and what you stand for. If this hasn't been a skill that you've been taught, or allowed to express, then it will result in a lack thereof. Most of my clients approach me because of their confidence issues. These generally show up as anxiety, but whatever it's called, it's preventing them from stepping fully into their life. Before long they're unstoppable on their own path.

**Q: Why do you think so many young people are lacking confidence in their own capabilities?**

**A:** There is so much comparison to others in society. We see the obvious ones, like magazines and celebrities and the fake reality that we're shown in that world. And because they are portrayed as success—due to some distorted definition of what success actually means—people then fall into unhealthy comparison and form the idea that they are not enough. Not to mention all the conflicting messages on social media. The false positivity and pretence that 'all will be fine if you just think positively'. Not enough messages explain that it is actually there in the dark that the gold can be found. It's ok to be in the dark and search for the lessons (the gold) you need to come back into the light. It's when we resist the dark that it seems to take hold.

**Q: Why is feeling confident in the workplace so important?**

**A:** Employers hire based on skills and personality. What they want to see is that you can do the job, but if you can't, then they want to know you can find solutions and think outside the box to get the job done however you can. The problem is, most people don't know what's outside the box. So, how can they think out there? It would be blank, empty. They would be searching and searching for solutions, but their minds are not trained to be open to what is really on 'the other side'.

**Q: Young people are often constantly applying for jobs, and consequently experiencing a lot of rejection. What's a good way to deal with this?**

**A:** Get feedback, learn from the rejection. We are constantly being tested by life—every rejection is an opportunity to tweak and change and learn. Rejection could simply be the universe guiding you in a better direction.

**Q: What are some basic steps people can take to improve their confidence?**

**A:** Self-love and acceptance. Coming to a place of understanding with who you are, not in comparison to anyone else, just owning your own space in the world. Comparing yourself to others is the most pointless trait a human can have. Even the most successful people in the world have shtty problems. They've had loved ones leave this life, they've lost everything, they've had terrible relationships, they've failed tests. The difference is in their conditioning, resilience and how they have been prepared

*"Kids are in a school system that is designed to make everyone fit the same mould. There is no opportunity in the school system to be an individual, because even though they say they are breeding the best, they are breeding the same best, and only a few will fit in that mould. There's no room in the box for everyone, but no education on how to be on the outside of the box."*

for life. One of the most important basic steps to improve your confidence is pay no attention to what's on social media.

A BIT ABOUT

## Sarah

**Q: Your business name is no boxes. What's the meaning behind that?**

**A:** I am not bound by social expectations, fears or even education. I believe in systems, structure and healthy boundaries, but beyond that, there are unlimited possibilities and opportunities in this life and I aim to open people's minds by opening up their 'boxes' and letting them out.

**Q: What led you to become a mindset coach?**

**A:** I love to chat with people. I have an amazing knack of tuning into belief systems simply by listening for a while. The stories we say aloud can bind us to these beliefs and life will show up accordingly. When a belief or a pattern can be interrupted with new perceptions and possibilities, a new awareness is born. And from awareness we can choose to change. Watching people's lights switch on or get even brighter through a simple conversation with me makes my heart glow.

**Q: What would you say are the overarching benefits to mindfulness?**

**A:** Did you know your brain is like the Operations Manager of your body? It's core function is to keep your entire system functioning as it is designed to. Where there are imbalances or poor functioning, the brain's job is to talk to the body part involved and tell it how to perform its job properly. Any techniques that are designed to balance your brain and improve its functioning are highly recommended as these will improve your overall health. Brain balancing techniques improve focus, concentration, memory recall, body functioning and a by-product of all of this is improved confidence.

If you need help changing your mindset, you can reach out to Sarah on:  
0412103649  
or  
hello@noboxes.co.au

*"Any opportunity where we can be still is an opportunity to listen to what our body is saying. The physical symptoms that show up are our body's way of talking to us and telling us to listen and make a change. Recurring illness and injury is a sign that we're not listening and we're not learning what we need to move on from. Breathing mindfully, right into your belly and fully out again for even just a few good breaths is energising and cleansing. This gives your brain time to cut through the constant chatter and scan your body to check how it's functioning."*

# Week Nine



This week I went in on Tuesday instead of Monday due to the public holiday. Everything had been rearranged in the Lab Factory in preparation for their move into a larger space which opens later in the week. Kate gave me a quick tour of the newer space when I got there in the morning and it looked great! Certainly taking shape at a cracking pace.

We then had a brief meeting with Kate, Louise, Victoria, Loren and myself. We discussed what was on the agenda for the day. Loren and I were more spectators, although there were a few Facebook pages that Kate asked us to like and participate in to give them a tiny bit more traction. She also mentioned CoSchedule as a marketing and scheduling tool and suggested we look into it. I did later in the day and it did seem like an interesting tool. I can't say I fully understood all the applications of it, because I'm not a hugely business-minded person, but it was an interesting insight into how one might schedule and track work.

I then worked on the 'How to Dress' article which I started last night. I had a bit of creative block previously and so left it hoping that more ideas would come to me today. They did and I developed the article further, but I'm not sure that it will be the final product as I feel like it isn't as cohesive as it could be. This took me a fair while as I experimented with a few effects which I haven't done a lot of in InDesign before. I then moved on to a case study article that Loren sent me just before

lunchtime. I spent some time mapping out with pencil and paper first because it was a 3 and a half page article and I was concerned about it all fitting together. I also took some time to look through the sample magazines and I found a long article in Frankie that I based the eventual layout for this article on. I used much the same background of a lemony yellow, but tweaked it a tad to match the colour palette. I added this lighter yellow to the colour palette, for future reference. I also had a little experiment with a stock photo and turning it into a vector image with a 'stylised painted picture' kind of appearance. This was also various shades of yellow with the odd bit of grey here and there to add a bit of contrast and interest. I followed the Frankie article as a vague template - with three columns instead of the usual two that I would use. Halfway through I switched to two columns again - there is a clear sectioning of the article so I was satisfied it wouldn't look too out of place. I am still not completely sure about changing the number of columns halfway through the article, but I had been looking at it for a number of hours at this stage so I decided it would probably benefit more from fresh eyes later on. I sent a copy of all the articles (work in progresses) to Loren to get her opinion and she was very positive about it and sent me a photo of the young man the case study article was about for me to put in later (given that there are two spaces for images, I also asked for another if it was possible).



Since I was a little stuck with the case study for the meantime, I moved on to looking into the horoscopes page I have been meaning to do for weeks now. Firstly I looked into scattered and grainy brushes for illustrator – which took no short period of time! I downloaded one pack of brushes that looked like it would make for a good abstract star/galaxy effect. Then I began experimenting with creating the page background. Once I got the hang of using the brushes and having the document setup properly, I was well on my way. Again, this is something I haven't really even tried before now, so I spent a little while playing around before deciding on something a little closer to what was in my mind's eye.

Once I was happy enough with the background, it was drawing pretty close to the end of the day, so I spent the last hour or less researching the actual content for the horoscopes section. This mainly consisted of looking up the vague characteristics of each zodiac sign – strengths, weaknesses, traits, dates and their visual symbol. I then drew out some very basic symbols to practise and maybe develop in the coming week. Once again, I am hoping to do them in watercolour, even if that means just assigning each a colourful blob and sketching the sign over top in black marker. I feel like that would be efficient and still match with the general image and mood of the magazine so far. Quite a productive day!



# HOW TO Dress

What you wear is much more important than you might currently believe! You may have great answers, but if your interviewer is distracted or not impressed by your outfit, then you're already at a loss. We've included a few notes on dressing appropriately to make sure the focus is on your knowledge, not your get-up.

**THE BASICS**

As a basic guideline, Alison suggests a suit and tie (unless otherwise stated) for men applying for an office-environment role. Similarly, women should aim for a suit or suit dress. If you don't own any 'suit-y' items, consider a smart jacket or blouse with a skirt of pressed pants, depending. If you're unsure what to wear, contact the human resources team or recruitment officer prior to the interview. "Recruiters want to be successful, so they will help give you the direction you need. You certainly will not be the first person to have asked this question and you will not be the last," says Alison. Interview clothes do not have to be fancy or expensive—as long as they are clean, neat and tidy, they will suffice.

**TO BE COLOURFUL, OR NOT TO BE COLOURFUL?**

"Colour is great," assures Alison, "we are all individuals. I believe it is good to stand out, however you have to consider the sector of the role you are being interviewed for. If it's a corporate role, stick with the norm—either black or navy." Any bright or garish colours can be distracting for an interviewer who will find themselves focusing more on your clothes than your answers. "Generally, black is considered the most professional colour to wear for an interview and navy blue is smart, professional and non-confrontational."

However, if you are interviewing for a specific area of retail, for example, huge prints or statement clothing may be suitable. For blue collar (manual labour) roles, Alison says "an open neck, smart, plain shirt is considered acceptable. It can be teamed with dark pants."

**Dress to impress - but be mindful of whom you want to impress.**

## Tips

- Try your interview clothes on a few days before the interview. It's better to find out that your suit requires dry cleaning before the day of the actual interview.
- Remove any fluff or hair from your outfit—cat or dog hair does not look great on a black jacket!
- If there are any missing buttons on your suit jacket, get them fixed.
- Ensure your shirt/blouse is always washed and pressed.
- Clean shoes are essential. Make sure you check and clean your shoes the night before to save time the next morning.



# Harry: Shop Assistant Student Survivor

Harrison Fry, affectionately known as Harry, is a 21-year-old with a huge story to tell.

Harrison lived a pretty normal life until age 6 or 7. It was around this time that his mum, Ros, started to notice his growth rate had slowed down. Harry himself started to get painful headaches, and his primary school teachers raised concern about a possible issue with his eyes. After a trip to an optometrist and occupational therapist, Harrison was given daily sight training exercises. But after completing these exercises every day for a year, there was no improvement. In 2006, with Harry aged 9, the decision to try a different optometrist was one that turned out to be life-changing. This time, the optometrist discovered Harrison's left eye was nearly blind and the left optic nerve looked dead. Under the advice of this optometrist, Harrison's family contacted a friend who was a doctor and could get him an appointment with a paediatric ophthalmologist the next day. Harry was then booked in for an MRI. "And that's when all hell let loose."

The MRI revealed that he had a cancer wrapped around his left optic nerve which was pushing against his pituitary gland. The next thing he and his family knew, Harrison was taken in to have brain surgery the following week. His parents were told if the surgery had been left any longer, he would have died. The surgery ended up lasting 15 hours. The tumour was debulked and Harry was well enough to continue on, with his skull held together by titanium plates. "Then we started the process of three-monthly MRIs to observe the actions of the cancer," says Harrison. "This was the norm until January 2009, when I got a massive headache and started to throw up". Ros took him straight to the emergency department at Princess Margaret Hospital (PMH), where they found out the tumour had grown and metastasised through his brain and down his spinal column. "To reduce the pain and save further damage and spreading, I had another debulking operation, and to hopefully reduce the size of all the cancers, I was given both radiation and chemotherapy. The doctors gave me three to six months to live."

This debulking brain operation lasted 17 hours and was much more invasive. The following months saw him gain the nickname "Guinea Pig" at PMH, as his oncologists prescribed a chemotherapy that had never been used before. He underwent radiotherapy every day for six weeks and chemotherapy every Friday for six to ten hours over six months. "Unfortunately, the cancer, the three shunt blockages and replacement operations caused some complications. I had acquired some brain damage. I lost my memory, my pituitary gland no longer functioned properly so I stopped growing, and my adrenal and thyroid glands also stopped working. This meant I had to start taking prescribed drugs to compensate for the loss of hormones and I had to retrain my brain to remember things." But, the experimental chemotherapy did start to work, much to many medical experts' surprise. To his family's knowledge so far, the treatment that was trialled on Harrison has now saved 10 lives around the world. "After six months of treatment, life started to get a little brighter. I had an MRI every two months, then another year passed, and the tumour started to grow again. I was getting seizures, so I was put

on medication to stop them. It was very successful, and I haven't had one since. Another six months of chemotherapy reduced the cancer's size once again." Harrison continued the two-monthly MRIs, then three-monthly a year later, ...

then in 2015, the year of his eighteenth birthday, he went down to four-monthly. Now he only gets MRI scans every six months. The beginning of this year brought very exciting news, with Harry being taken off the terminal list. "At current, I am well. I have some

issues with vision which shouldn't be too hard to notice as I carry a white I.D. cane and wear glasses. I have to take thyroxin and cortisone acetate tablets to compensate for the loss of my thyroid and adrenal glands as well as my anti-seizure medication."

## Work and study life

During the more recent years, somehow, in the midst of everything Harry has also been working and studying. Like most people, he found it hard to get into the workplace, but he also had his medical situation to consider. One of his high-school education assistants recommended seeking help from a disability employment agency. After trying a couple of different agencies, Harry found BIZLINK.

"BIZLINK's job search coordinators assisted me by driving me to and from businesses I wished to work at, assisting me in making job applications, designing resumes and cover letters, describing my medical issues and helping me complete job interviews—mainly when my memory was struggling to remember the answer to a question," says Harry.

"After a year of searching, I found a job vacancy at Target on the internet. My search coordinator helped me design my resume and cover letter for the retail area of the business, then we went to Target and put in the application. Within the week I was called to a part group/part one-on-one interview, and the day after I was employed as a customer service assistant on the checkouts."

Harry found Target to be extremely accommodating with his circumstances. In his earlier stages of employment, they allowed him more time to learn, adapt and remember how to do certain tasks. "The managers have also provided some mental help with the stresses of work and working with a disability, by discussing those stresses and finding ways for me to cope," he says.

Harrison did also have his struggles when it came to getting TAFE tasks done on time. Along with distorted vision, when reading, he only sees between three and four letters at a time, which can make reading any length of text difficult. With memory problems, Harrison also finds he has to write a lot of things down—which leads to more reading, and more eyestrain. However, he has found ways to work through this as well.

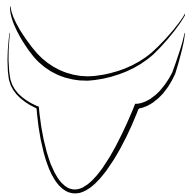
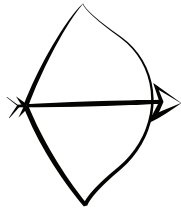
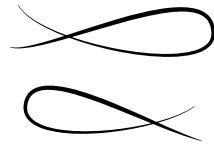
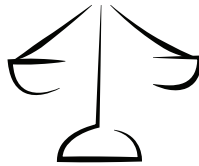
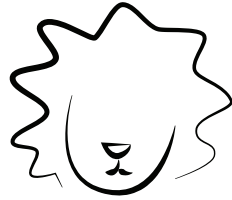
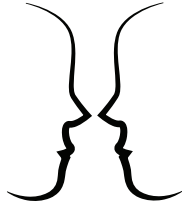
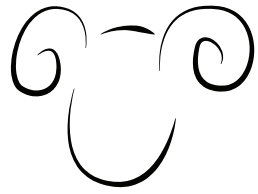
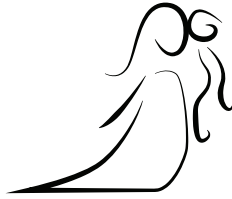
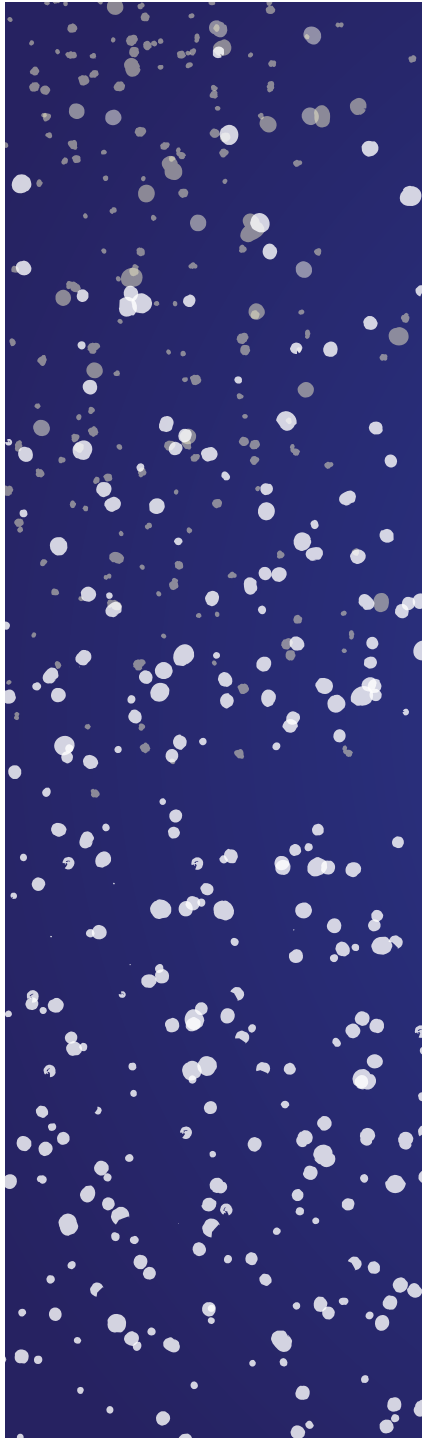
"If I make sure to look away from text every five minutes for about one minute, I can manage half an hour's reading without major strain. Then, I look toward the distance for a minute or two and do some eye relaxation exercises." He also finds that recording what his lecturer has said through a voice recorder helps his memory issues and requires less reading.

Harry also found TAFE to be flexible with his circumstances—when he could not attend physically, he was able to follow the program

and attend dates for himself and other students that needed it. So, what does Harry say to others in a similar situation to himself?

"Well, to be honest, you can do anything and get anywhere with a bit of positivity and support. You need to find what you want to do and plan a pathway to get you there with the help of those who know and love you. There is always support somewhere, you just have to find and earn it. When you find where you can get that support, you show them who you are and what you are made of. Look at me. Years ago, I was told I had cancer. I fought, I looked for help throughout life. I survived the first fight, then more came from the same evil. I fought harder and even when I was told the fight was lost and even when I had given up, my support was there. They got me back on my feet. I searched for more help and got it. Another battle fought and won, and I'm still here."

Harry highly recommends BIZLINK to anyone suffering from a disability. They also found ways for him cope with his disabilities in the workplace by providing visual aids and mental coping mechanisms to help with memory and stress when searching for work. "BIZLINK provided quality service(s) the moment I enrolled for their service; they have kind and very helpful staff who assisted me in acquiring my job at Target and I hope that in the possibility of me searching for employment in the future, I can use them again."



# Week Ten



Today was somewhat less productive than last week due to the internet dropping in and out all day - mostly out. This meant that we were very limited as far as putting articles in layouts as Loren had emailed the articles to us. Also, Celine was not able to sit on the table with me, which made it a little less convenient to ask for opinions without disrupting one another's workflow.

With this in mind though, a fair bit was still accomplished.

I began the day with creating the symbols for the horoscopes page in illustrator. I simply traced around the basic sketches I had scanned in. I played a little with the stroke thickness and applying a more 'pen-like' line style so that the lines were thin at the edge and thicker in the middle, but this is something I have done many times previously, so I found it to be a quick and easy process.

I then moved on to setting up the layout ready for these symbols - which really only required getting the watercolour splodges I had created and scanned and getting them to fit on the page in a tidy and sensible way. The only way I could think of doing this - after having tried to just remove the white background to keep the splatter effect, unsuccessfully - was to make them all into circles. However, when I put them into the layout, they looked out of place with bits of white showing through and simply not matching the overall style of the spread.

Celine agreed with this and suggested I try to use the photoshop watercolour brushes I had tried before to achieve a similar yet more transparent result. Something more 'splatter-y'.

I took this onboard and tried a few things with the watercolour brushes, settling on a semi-transparent layered looking effect for each of the coloured splatters. All that was left to do then was to add the content, which I had researched last week.

I experimented a lot with the text space background colour, initially thinking a very faint white, but changing direction and going with a deep navy instead so as not to distract from the actual information, but still providing a plain background that distinguished from the overall spread background pattern.

I then had a very in-depth discussion with Celine about the colour scheme for the next case study article Loren had just sent through. After having a little look on Pinterest at colour schemes and referring to colour meaning charts, we agreed on a soapy blue/green with the melon. I added the blue to the colour palette and got onto laying out the article.

I must admit, I had trouble laying this one out. I perused some magazines for inspiration and eventually decided on having a subtle patterned background. I experimented with having little red watercolour splodges on the soapy blue background as a sort of pattern, but it looked a bit violent and very out of place. I settled on using the



scatter brushes I downloaded for the horoscope spread, to make a random dot pattern. This worked well with the other case study article that was all different shades of the one colour also. I did try to incorporate the red as a title and little pops of colour throughout the article, but it clashed so much and made it all a bit hard to read - like it was moving on the page. As far as the content of the article, I found that black looked too harsh against the soft, pale background colour, and white was too difficult to read. So I used a medium grey for the content text colour. I'm still not completely sold on this colour choice and it may change as soon as I come up with a decent alternative (I tried everything I could think of and bounced ideas off Celine, to no avail). The image I used is only a placeholder image. I am hoping to get two images - one landscape and one portrait - to use in the gaps. I am also going to add the Reliance Partners Insurance Brokers (company of the lady the article is about) logo on the second

page of the article in the gap in the lower right corner.

I purposely followed much the same layout style as the previous case study to keep them as a unique, distinguishable section of the magazine. Following on from this, I intend on designing future case study article layouts in much the same way; one feature colour with many shades, three columns of text, beginning with a full-page image and having some sort of quote or graphic text element outside of the article itself.

Lastly, I added a couple of tips that Loren had added to the 'how to dress' article. Moving on from the whiteboard look I had wrapped the article up with previously, I simply extended the whiteboard to flow over the whole spread and created sticky-note graphics to place the new tips in. I also changed the font to resemble that of a whiteboard marker to further reinforce the whiteboard effect I am going for. I am quite pleased with the result!

# Horoscopes



**AQUARIUS**  
(Jan 20 - Feb 18)  
Revolutionary thinkers. Rebels at heart. Deeply conversational. Progressive, original, independent, humanitarian.



**ARIES**  
(Mar 21 - Apr 19)  
Bold and ambitious. Dive headfirst into challenging situations. Courageous, determined, confident, enthusiastic, optimistic, honest.



**CANCER**  
(Jun 21 - Jul 22)  
Highly intuitive. Can effortlessly pick up on energies in a room. Tenacious, imaginative, loyal, emotional, sympathetic, persuasive.



**CAPRICORN**  
(Dec 22 - Jan 19)  
Unwavering focus. Conservative at first, but deep down love to party! Responsive, disciplined, self-controlled, good managers.



**GEMINI**  
(May 21 - Jun 20)  
Playful and intellectually curious. Constantly juggling a number of passions. Gentle, affectionate, curious, adaptable, quick learners.



**LEO**  
(Jul 23 - Aug 22)  
Vivacious, theatrical and passionate. Love to take in the spotlight and celebrate themselves. Creative, passionate, generous, warm-hearted, cheerful, humorous.



**LIBRA**  
(Sept 23 - Oct 22)  
Obsessed with symmetry and strives to create balance in all areas of life. Cooperative, diplomatic, gracious, fair-minded, social.



**PISCES**  
(Feb 19 - Mar 20)  
Most psychic, empathetic and compassionate of signs. Easily swallowed by emotions. Artistic, intuitive, gentle, wise, musical.



**SAGITTARIUS**  
(Nov 22 - Dec 21)  
Always on quest for knowledge. Excellent storytellers. Easily attracts others. Generous, idealistic, good sense of humour.



**SCORPIO**  
(Oct 23 - Nov 21)  
Very intuitive. Life is a game of chess to them. Resourceful, brave, passionate, stubborn, calculating, true friend.



**TAURUS**  
(Apr 20 - May 20)  
Enjoy relaxing in bucolic environments, surrounded by soft sounds and soothing aromas. Reliable, patient, practical, devoted, responsible, stable.



**VIRGO**  
(Aug 23 - Sept 22)  
Perfectionist at heart. Not afraid to improve skills by diligent and consistent practice. Loyal, analytical, kind, hardworking, practical.

## Alison's Tips

- Try your interview clothes on a few days before the interview. It's better to find out that your attire requires dry cleaning before the day of the actual interview.
- Remove any fluff or hair from your outfit—out or dog hair does not look great on a black jacket!
- If there are any missing buttons on your suit jacket, get them fixed.
- Ensure your shirt/blouse is always washed and pressed.
- Clean shoes are essential. Make sure you check and clean your shoes the night before to save time the next morning.

## So you got the job!

This is no reason to let your amazing appearance dwindle! Hopefully during your interview, you were able to gauge the dress code at your new workplace, so you'll have an idea of what kind of clothes to wear every day. If not, there are a few basic guidelines that you can follow to ensure you look as professional as ever.

### No boobs, belly or butt

It sounds obvious, but it's a big one. Showing too much skin at the office or any workplace is never a good idea and is something that normally you look unprofessional pretty quickly.

### Or shoulders or toes

This is one that depends on your environment. A nice single blouse or open-toe heels could be totally acceptable at your workplace, but it could also be an orange zone. On your first day, play it safe and cover your shoulders and feet completely. Size up what everyone else is wearing and make adjustments the following day.

### Wear your hair neatly

There's nothing more demeaning for yourself than going to work with hair falling all over your face. Wear your hair how you like, just make sure it's not interfering with your vision!

### Don't over-accessorise (and don't jingle-jangle)

Lots of jewellery can be really distracting for yourself and others. If you favour big accessories when you work, you probably need to lose a few accessories.

### Avoid overly bright colours

Again, this can be demeaning for other people who are communicating with. Dark colours can convey authority, whereas light, lighter colours are more casual. Think about what you would like to portray at work, and what colours can help you do that.

### Dress comfortably

Mentally and physically. If you head into work in an outfit you're not sure of, you'll probably spend most of the day worrying about what other people are thinking of you or things that make you feel uncomfortable. Also, wear things that won't leave you dripping moisture or itching your arms every minute! Most full work days can range from the 10 to 16 hours, so you want to be feeling physically comfortable too.



# Leeanne's Story

When it seemed like life just kept throwing the worst at Leeanne Armstrong, the single mum only worked harder.

Leeanne, then 22, had been working as a full-time claims officer for an insurance broking company in the city. Things were going smoothly, then came the news of a baby on the way. It was a shock, but with the saying "everything happens for a reason" in mind, Leeanne decided to go through with the pregnancy. Once her gorgeous daughter was born, the road started to get bumpy.

"Shortly after giving birth, my marriage fell apart and I found myself as a single mum. My soon-to-be ex-husband worked in the American Navy, therefore I had very little emotional, physical and financial support". Being a new mother is overwhelming at the best of times, but Leeanne was having to support herself and her child on her own, and start from scratch with employment, housing and childcare arrangements. She decided to try and get back into the workplace, despite feeling mentally drained.

A study by FlexCareers reported a shocking fifty-two per cent of Australian mothers claimed they had faced discrimination in the

workplace because of she felt she had encountered anything herself when it came to being a young mum in the workplace, or getting hired.

"When I was pregnant, I did encounter a bit of discrimination, especially when I needed time to attend medical appointments. I felt as though they had no flexibility and little understanding of my personal circumstances". To avoid discrimination when job-searching post-pregnancy, Leeanne did not disclose that she was a mother—on her resume or during an interview, if it didn't come up—so it didn't impact her opportunities. "I feel as though employers need to hire based on abilities and skills, not statuses. I definitely agree that there is a stigma around single mothers and their working performance or reliability as an employee". However, Leeanne did find a job as a broker's assistant. She then completed studies which saw her become a fully qualified, full-time insurance broker.

Having had so much on her plate, Leeanne credits her friends and workplace for the support she received at a time when she was working,

studying and raising her daughter. She felt tired and emotionally unstable and would wake up at 5:00 am every morning to head into the city after having her baby waking up throughout the night. But the people around her helped her get through it, because she was honest with them. "I think when you open up about the struggles you're going through, you will find that people are actually happy to help you and be there for you. People can't help you get through something they know nothing about."

"It's important for young women to reach out and ask for help when they need it, and not be ashamed when they aren't coping." Things were looking up, and Leeanne had an awesome support network surrounding her.

Then, disaster struck. "In my first year as a broker, my best friend passed away from a genetic disorder which was diagnosed following her death."

"Dealing with my grief, raising a toddler and working full-time, I needed to cope with my emotions, which is when I began writing. I was

“Be thankful for the precious moments in life and always believe in yourself and all that you are. You were born for this!”

IMAGE

in someone else's life, so I wrote about the only subject people like myself could relate to—single motherhood and heartbreak."

Leeanne found writing to be a great way to deal with and understand her grief. Her friend she lost was her only friend who was also a single mum, so she also lost a huge support system. "I like to think I was subconsciously writing to myself and what I needed to hear, or what I think that she would tell me. Writing is a wonderful form of self-assessment and by putting your thoughts onto paper, I believe we are able to understand ourselves a lot more."

However, her writing turned into something more than just personal outlet. Leeanne felt

motivated to make a change in as many other people's lives as possible. So, she wrote a book, "I wrote about the only subject people like myself could relate to—single motherhood and heartbreak. Single, Young and More Than a Mum was published in early 2018. It's a book written to inspire and motivate young mothers to give them courage to take control of their own lives. It's about guiding and empowering women to create a lifestyle they dreamed of having and being independent without a significant other."

This year, on top of releasing a book, Leeanne was also a finalist for the Rockingham Kwana Chamber of Commerce Young Business Person of the Year, and her next goal is to make a difference in the way young

women see themselves and elevate their life perspective.

To people in a similar situation to herself, Leeanne has this piece of advice:

"Never give up and have gratitude. Life is very short and unfortunately can be taken from us at any moment. Be thankful for the precious moments in life and always believe in yourself and all that you are. You were born for this!"

# Week Eleven



We presented what we had done so far to Kate today and discussed what we need to be doing moving forward. It was mostly about the written content as opposed to the design. Kate also briefly went through how to package InDesign files with us because I have been unsuccessful doing it in the past.

We then went back to work. Loren sent through a couple more articles and some questions for Celine and me to answer for our exposés. Celine had a good idea to include our 5 most used emoji's as well. I think that is a sweet way to humanise us and appeal to our audience.

The internet was a bit on and off again this week so I didn't get to laying out the articles Loren had emailed through. I did however create another puzzle - a spot the difference this time (hot air balloons) - and edited Harrison's photos and fiddled around with them fitting into the layout. I also addressed a few orphans - single words that didn't fit well in paragraphs - in some of the already laid out articles. I also rearranged the horoscopes because

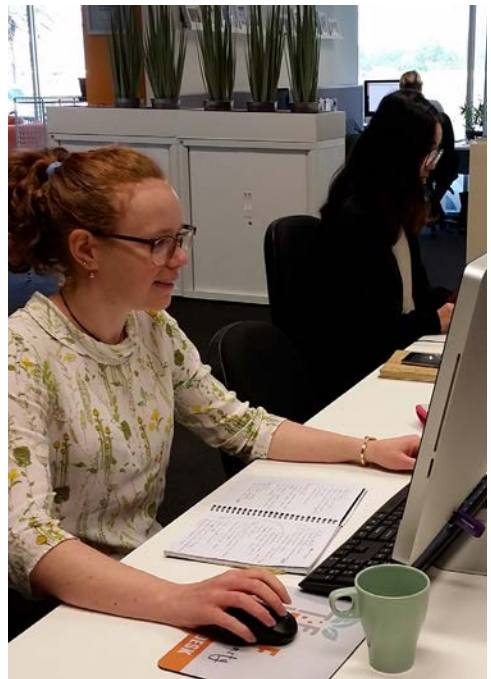
I asked around and apparently it is important that they are in the correct order.

We all noticed this week that we had very few photos of us working, so we had a little photoshoot this morning just before our presentation with Kate. We also found out that we will be having our professional headshots taken next week and later discussed having one of all three of us taken to put in the magazine to go with our exposés.

For next week, since I could not access the articles today due to the internet issues, I will need to lay out those articles that Loren sent through. I'm also looking into creating another puzzle - not sure what kind; trivia, Sudoku, origami instructions, dot-to-dot or something else entirely. I would also like to figure out a slightly more concrete order for the articles to go in. We have a rough idea from the first week, but a fair bit has changed since then and more articles need to be squeezed in.







# Week Twelve



I began today by expanding on the ideas from the past week. I had two articles to lay out – one on pathways and one about the Lab Factory. Over the last week I brainstormed a few ideas for layouts of these articles and came up with having the pathways article laid out in a signpost, or series of signposts – as this is a very iconic symbol for pathways and would help to visually reinforce the subject of the article.

The Lab Factory article layout took me longer to arrive at. After some visual research though, I decided to do something similar to the quiz spread design and have silhouettes of people across the bottom of the spread. The colour palette for this article came from the physical environment of the Lab Factory – there is a lot of orange around the place.

I designed the silhouettes for the Lab Factory article first and spent some time experimenting with speech bubble shapes. Celine helped by reminding me how to apply handles to individual points in InDesign. I helped her in return by briefly walking her through how I had done some stipple shading in a project for another unit.

I then laid out the whole Lab Factory article, although Loren says there will be more to add to it soon as she is waiting for some interview answers to come back.

To give myself a little break from layouts, I then started on creating a dot to dot drawing puzzle. We had discussed having more puzzles and the

types of puzzles to add last week. We came to the executive decision that a dot to dot would be fun. I followed my usual process for creating this, starting by researching an appropriately symbolic icon – I ended up deciding on a somewhat abstract world globe – then I sketched it out in my sketchbook, went over it with a black marker, brought it into illustrator and image traced it.

From there, because it is a dot to dot, I created a series of dots and went about reverse completing the puzzle on a separate layer. As expected there were some lines and shapes that were not connected to the main dot path and needed to be drawn in. I am very pleased with the result! I have never created a dot to dot before and was a little apprehensive about it at first because I wasn't sure how I was going to go about it. But the result is better than I expected.

After lunch, I tucked into laying out the Pathways article. I had a pretty clear idea of how I wanted the signposts to look like, however, they ended up a little more rigid and less fun than I imagined. I played around with the colours of the signs for quite a while and asked Celine for her opinion on it as well. We eventually agreed that having the signs two different alternating colours was a good way to balance things out. I think I will continue to work on this layout to make it less rigid.

For next week, I am hoping to create – or at least gather ideas for – a tear-out calendar to include as part of the magazine.

# Cosharing: CREATE & COLLABORATE

Why co-sharing spaces are the best thing to have happened to the workplace

## WHAT IS IT?

You may or may not have heard of cosharing (commonly known as coworking) spaces. They are relatively new to the workplace; however, they are currently popping up everywhere at a rapid pace. It is difficult to define a co-sharing space concisely—there are so many elements to them! Simplistically, a co-sharing space is a place where entrepreneurs, freelancers and small-business owners can work to avoid the isolation that normally comes with such a profession. They give you the opportunity to work independently at a solo desk, at a large group table, in a private office or in a meeting room. People from all kinds of industries can end up working in the one co-sharing space and range from individuals to small teams of people.

## HOW DOES IT WORK?

There are heaps of options available in cosharing offices. Take the ever-growing space, The Collaborative Factory in Rockingham, Western Australia, for example. You can book a hot desk, which, for one day, gives you your own desk to work at, with access to free wi-fi and tea and coffee. This is great for people who work from home or from a much more boring office and would like a change of scene. Other packages include 12 months at an independent desk, or 12 months in a private office.

## WHAT ARE THE BENEFITS?

Studies have shown that employees who belong to cosharing spaces reported higher degrees of thriving than employees who did not, and this could be for a few reasons.

1. In a cosharing space, you will most likely be working alongside people from all different industries, so you will never be short of resources. For example, if you are a writer who needs some photos of an interviewee taken, just ask the photographer two desks down! And people will do the same to you too, allowing you to expand your connections, whilst also giving you a sense of satisfaction from being able to help others out.

2. In a cosharing space, you can work independently or in a

small team, you are able to set your own hours. This is super ideal for parents or people who work multiple jobs.

3. How we feel changes from day to day, and consequently, so does how we want to work. One day, you might want nothing but peace and quiet, but other days, you might feel like working collaboratively. A cosharing space gives you the option of both—you can book a small office or meeting room, or one of multiple hot desks which are normally in the centre of the office.

**So, if you're an entrepreneur, small business owner or freelancer who struggles with working from home or a lame, traditional office, find your local cosharing space and hit them up. I can almost guarantee you'll see a massive difference not only in the way you work, but your wellbeing too!**



# FEELING STUCK?

So, things haven't turned out the way you planned. Perhaps you dropped out of school before graduating. Maybe you did finish school but can't bear to even think of sitting through another three years (at least!) of education. Or maybe you tried your hand at uni or TAFE, and for whatever reason, things just didn't work out. Regardless, you're feeling a little...stuck. With the significance society places on education—and of course, education can be an amazing thing—it's so easy to feel that you can't get anywhere without it. But take a deep breath, my friend. We've uncovered and dissected some awesome programs and pathways that have got you covered for whatever sitch you're in.

## I WANT TO...

### GET STRAIGHT INTO THE WORKFORCE, BUT...

You're not sure where to begin or if you have the qualifications you need.

Bridging the Gap (BTG) is an awesome Western Australian not-for-profit organisation with career centres that provide free guidance and information in regard to employment.

They provide access to online career planning tools, education and training options, and information on career pathways.

You can receive help with your job search skills, and there is also free computer access for job search activities.

They can help you discover your real interests and a career to match these.

BTG offers personalised career guidance sessions where you will create an action plan, which will help get you on track to achieve your career goals.

Basically, BTG is there to give you all the information and resources that you need. To find your closest career centre, see: <https://www.bridgingthegap.org.au/>

### START MY OWN BUSINESS

If you've got an idea, but aren't sure if it will make it your full-time job?

It sounds like nothing but a dream, but the New Enterprise Incentive Scheme (NEIS) has been created by the Australian Government to give unemployed job seekers the chance to turn that dream into a reality. You must have an eligible business idea, but once it has been approved, the possibilities are endless.

You will receive free, accredited, full time business management training.

During this training you will create a comprehensive business plan. This will be reviewed to determine whether your idea is commercially viable.

If you are successful, you will receive a year of business mentoring and personalised support, and—if eligible—income support and rental assistance.

See: <https://www.business.gov.au/assistance/new-enterprise-incentive-scheme> for some more info.

### GO TO UNI, BUT...

Can I get in? Is my English high enough? Is non-existent? No worries!

Some universities offer an ATAR adjustment, if you feel that you were under circumstances that meant you could not focus on your studies enough to achieve a higher ATAR.

For people with no ATAR, there is also entry available via work and life experience. In this scenario, you would create an application/portfolio (usually consisting of an introductory letter, resume, education history and some references) to be admitted either directly into the uni or into a bridging course, depending on the uni.

Speaking of bridging courses, these are also programs you can apply directly for that after completion, will get you straight into uni.

Otherwise, you can take the Special Tertiary Admissions Test (STAT), which according to the Tertiary Institutions Service Centre (TISC) (woah, welcome to Acronym City), is designed to assess your ability to learn in a tertiary environment, not your knowledge on a specific subject.

See: your university of choice's website (usually under 'pathways' e.g. <https://futurestudents.curtin.edu.au/undergraduate/pathways/>)

# Explore!

Dot to dot puzzle



# Week Thirteen



Loren had finished a lot of articles this week, given that our internships are rapidly coming to an end. We were struggling to keep up with the sheer volume of articles being sent through. I was beginning to feel somewhat overwhelmed but did not want the time constraints to affect the quality of design. I began the day by altering a couple of the layouts I had done last week – fresh eyes brought many epiphanies. I managed to quickly make the pathways article more fun without adding unnecessary colours, and I rearranged the Lab Factory article to fit the Lab Factory logo and some basic information. As well as making the layout a lot easier to follow generally.

I then began working on the brain power article that Loren had just finished. After having mapped out a little of what I wanted to do with the article, I began creating a cartoon brain character to use in the three scenarios the article described.

This character did take a little while to complete, but I am pleased with the result and how the little fella fits in with the article layout.

I spent a fair amount of time fiddling around with the layout of the ‘brain power’ article – originally, I had the food and exercise section split over multiple pages, but I think it works better this way, as whole sections.

I tried to embrace space in this layout – especially with the recipe, as recipes

can get confusing and crowded.

I showed Celine and Loren the latest compilation of layouts and they gave me very useful feedback assuaging many of my fears and uncertainties. I still have a great many articles to layout over this week, as well as designing a calendar of some sort. I thought I could use my cactus pattern for the calendar, since I haven't yet found a use for this cute little pattern. The list of articles that need to be laid out and sorted include:

- App article, including the icons that Loren rounded up for it.
- Creators exposés – ideally our professional photos will accompany this (although these photos have yet to be taken)
- Life hacks article
- Personal anxiety essay (of Loren's)
- Amend Confidence article re small changes that Loren sent through.
- Compile Balance section: confidence, life hacks, journaling (waiting on interview answers), Brain power, personal anxiety essay, couple of appropriately calming puzzles, and horoscopes.

It's important that the balance section makes sense style-wise, so I have already prepared for the section to be compiled by moving all existing articles together. Those articles that belong in this section but have yet to be laid out, will be done with the existing style kept firmly in mind.

Lots to do approaching our last week!

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Need Office or Desk Space south of Perth?



enquiries@thelabfactory.com.au  
www.thelabfactory.com.au

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You're not sure where to begin or if you have the qualifications you need.

Basically, BTG is there to give you all the information and resources that you need. To find your closest career centre, see: <https://www.bridgingthegap.org.au/>

BTG offers personalised career guidance sessions where you will create an action plan, which will help get you on track to achieve your career goals.

They can help you discover your real interests and a career to match these.

Bridging the Gap (BTG) is an awesome Western Australian not-for-profit organisation with career centres that provide free guidance and information in regard to employment.

They provide access to online career planning tools, education and training options, and information on career pathways.

You can receive help with your job search skills, and there is also free computer access for job search activities.

### GO TO UNI, BUT...

Your ATAR isn't high enough? Is non-existent? No worries!

### START MY OWN BUSINESS

If you've got an awesome talent or concept, why not make it your full-time job?

It sounds like nothing but a dream, but the New Enterprise Incentive Scheme (NEIS) has been created by the Australian Government to give unemployed job seekers the chance to turn that dream into a reality. You must have an eligible business idea, but once it has been approved, the possibilities are endless.

You will receive free, accredited, full time business management training.

During this training, you will create a comprehensive business plan. This will be reviewed to determine whether your idea is commercially viable.

If you are successful, you will receive a year of business mentoring and personalised support, and—if eligible—income support and rental assistance.

See: <https://www.business.gov.au/assistance/new-enterprise-incentive-scheme> for some more info.

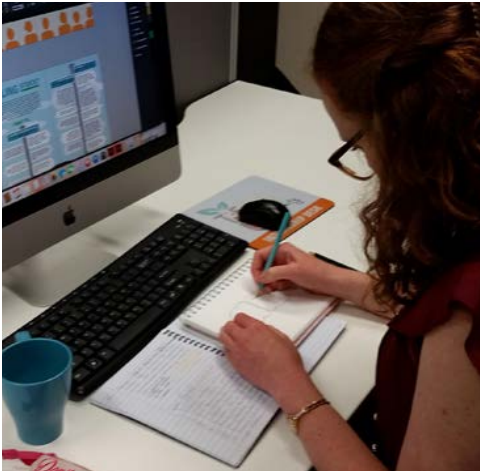
Some universities offer an ATAR adjustment, if you feel that you were under circumstances that meant you could not focus on your studies enough to achieve a higher ATAR.

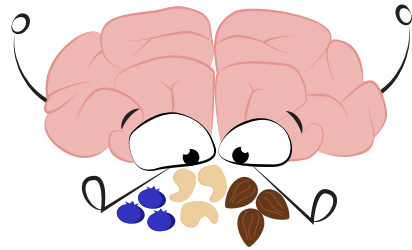
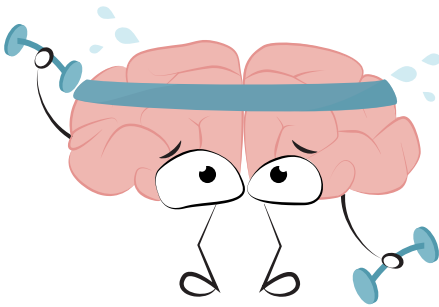
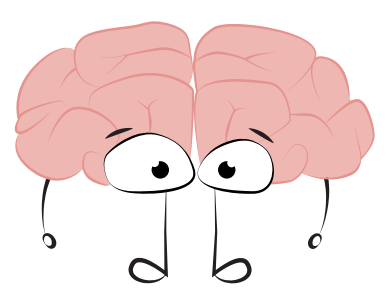
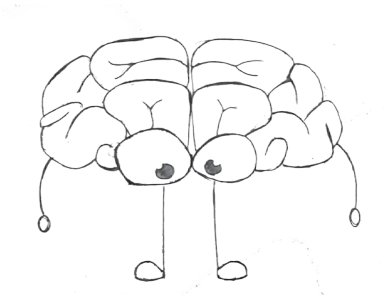
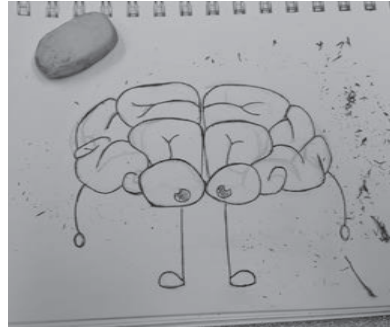
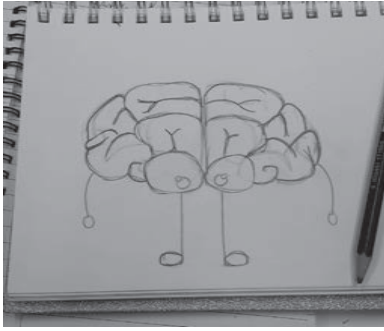
For people with no ATAR, there is also entry available via work and life experience. In this scenario, you would create an application/portfolio (usually consisting of an introductory letter, resume, education history and some references) to be admitted either directly into the uni or into a bridging course, depending on the uni.

Speaking of bridging courses, these are also programs you can apply directly for that after completion, will get you straight into uni.

Otherwise, you can take the Special Tertiary Admissions Test (STAT), which according to the Tertiary Institutions Service Centre (TISC) (woah, welcome to Acronym City), is designed to assess your ability to learn in a tertiary environment, not your knowledge on a specific subject.

See: your university of choice's website (usually under 'pathways' e.g. <https://futurestudents.curtin.edu.au/undergraduate/pathways/>)







# Brain POWER



Just like any other part of your body, your brain will function at its best when it gets what it needs. Sleep is extremely important, but so are your diet and exercise routine! So, if you have lots of study to do, exams or assignments to complete, or long days at work, how you treat your body will make a big difference to your overall performance. We spoke to Pete (Lastname), personal trainer from Finetune Fitness, to get some tips and tricks to make sure your brain function is at its peak when you need it to be.

# Exercise

Why should young adults who are studying or working take time out of their busy schedules to exercise?

Exercise is beneficial in so many ways and you don't have to be doing an excessive amount to see great benefits. Moderate exercise has been shown to improve mood and regulate stress and anxiety as well as reducing feelings of depression. It encourages the release of endorphins in your body which makes you feel happier. Now days we live such a busy life which is often over filled with work, study or family commitments. Exercise either outdoors or in a gym setting can be a great escape and freshen up for your mind and body plus the social aspect of exercising shouldn't be underestimated either. On top of that there are endless health benefits for your body when you are exercising regularly.

What are some relatively easy exercises students could do at home in a short break between working or studying?

I regularly see clients in the gym who work long hours at a desk or study for hours on end. It is extremely important you move regularly and focus on your posture at your work station as well as being sure to have easy access to water, so you stay hydrated. I would recommend getting up every 30 minutes for a short break. Walk around to release your hips and a simple stretching or mobility routine is also advised. Look to briefly stretch your hamstrings, quadriceps, glutes and lower back as well as stretching through your shoulders and chest. Some spinal mobility work would also be beneficial. It's so easy to find exercises now online and you can look to do a different one at each break.

How often would you recommend young adults exercise during the week?

I guess it is all relative to your situation, for some it's easy to exercise most days but others may have busier lifestyles or a young family, so free time can dry up a little. If you are exercising at least 2-3 times a week you will get health benefits from your training and will start to see results and feel great. If you can exercise most days, you will fast track your results and make progress more quickly. If you are training most days, you should look to speak with a personal trainer and get some assistance to structure your program accordingly to ensure your routine remains balanced. Your body will respond better with a varied routine.



# Food

Can consuming the right foods make a difference to your brain power? If so, how?

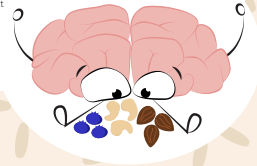
Definitely. Your brain and body will function at it's best when it is fuelled with premium fuel. Eating regularly and looking to eat high quality foods packed full of vitamins, nutrients and antioxidants is important. Aim to eat a balanced diet full of whole foods while looking to avoid processed foods and refined sugars as much as possible to ensure your brain power is supercharged. You could also look at taking a probiotic to supplement your healthy diet as it has been shown to help reduce anxiety and stress levels by filling your body with good bacteria.

What are some good, healthy study snacks that might improve your mind function?

Some healthy and easy snack ideas could include nuts such as walnuts, almonds and cashews, and seeds—such as sunflower seeds or sesame seeds—which can be added to a salad. Otherwise nut butters like healthy peanut butters (no added sugar/salt) or almond butter can be easily spread on rice crackers. Blueberries provide a hit of antioxidants and make the perfect snack when paired up with some Greek yoghurt.

I have an exam or a big day at work tomorrow. What meal should I eat the night before?

My advice would be something that is healthy and easy, so you can get back to studying. A good option may be crispy skin salmon with seared spinach, sweet potato, broccoli and a wedge of lemon. That gives you a great hit of protein and omega 3 as well as vitamin K, B6 and B12 which are great for memory and alertness.



## Bliss Balls with peppermint oil

A quick, easy and delicious snack that will help clear your mind! Some studies have shown that peppermint oil increases attention, recognition, memory, arousal and attention. Perfect for long days of work, school, uni or studying, am I right?

Choc Peppermint Bliss Balls

This recipe is taken from [wholefoodsimply.com](http://wholefoodsimply.com). Check it out for more healthy, easy recipes!

### Ingredients

- 1 cup dry roasted/raw almonds
- 1 cup dry roasted/raw cashes
- 12 medjool dates, seeds removed/1 cup normal dates
- 3 tablespoons cacao or cocoa
- Pinch of salt
- 1/4 teaspoon food grade peppermint oil/1 teaspoon natural peppermint extract

### Method

Blend the almonds and cashews first, until the mixture resembles a coarse flour.

Add the dates and cacao/cocoa and blend until the mixture resembles a fine, sticky crumb.

Add the oil/extract and mix to combine.

The fun part—use your hands to shape the mixtures into balls.

Place them in the fridge to set  
Or eat straight away if you can't wait, like me.

# Week Fourteen



For our final week, Celine and I had a plethora of articles to layout. Kate began sending us emails early in the morning with photos and responses from various people we had had difficulty getting in contact with – Ashleigh for the Journaling article, Diana and Kate herself (all very busy ladies!). I had prepared myself for a potentially quite big day today by laying out as many articles I could last night, but I didn't anticipate the sheer volume of articles we would receive today.

I began by laying out the Apps article because it is complicated, and I knew it would take a fair bit of time. I was right, it did take a while, but the preparation Loren had done for it was invaluable and really helped the process along. This article is not fully complete and polished yet – I would like the title to span across the whole spread as I feel it would make more sense that way given the structure of the article. Just as I was finishing off the Apps article, I asked Victoria – the creative writer and copywriter at Parklife – if she would mind taking a few photos of the three interns for the magazine. She happily obliged and went over and above taking our photos, even taking a few for our LinkedIn profiles since our professional photoshoot unfortunately didn't end up happening.

While we were in the photo-taking mood, Loren had an idea that she could model for us and do some yoga poses in some nice settings to use for the cover of the Balance section of the magazine, so we set off to the park across the road and Celine took

several great shots of Loren. I was more of a spectator.

When we returned from our latest photoshoot, I set about laying out the rest of the Lab Factory article as the answers had been one of the numerous emails we received earlier in the day. There were also a few little touch-ups and small tasks I needed to do to finish a couple of articles off that had been sitting mostly done for a while. This included adding a photo to Harrison's article, adding Sarah's logo to the Confidence article, and ensuring that the entire document was definitely in CMYK – which I had neglected a little during the process itself.

Although, we were trying to get through as many articles as we could today, it was a task too big for a single day and there are a few articles that will be laid out at a later date, these include:

- Eat your frog – Diana's insights
- Journaling/Peaceful planner – Ashleigh's insights
- Etiquette of an Intern – Kate's insights
- Anxiety Essay - The New Black

As well as laying out these articles, I would also like to play around with the Creators article as I think it can be bettered – I find the layout is clunky and plain, which is not ideal – as well as just generally ensuring that all the layouts I have completed represent my best work, nothing less.

Kate, Louis and Victoria (the Parklife team) were very kind in farewelling us this afternoon and thanked us profusely for our work, and we echoed this.

# Amazing APPS



**Class timetable**  
(Ice Media Creative)  
★★★★★  
Feeling overwhelmed with your school or university timetable? This app makes your timetable easy to read and access, as well as helping you keep track of homework.  
Keywords: Education  
Timetable



**Clementine**  
(Lewis & Palmer Ltd.)  
★★★★★  
An app specifically for women who struggle with anxiety, stress or low self-esteem. Featured in The Guardian and the Telegraph.  
Keywords: Health & Fitness  
Mental health



**Curiosity**  
(Beacon Solutions, Inc.)  
★★★★★  
Learn something new every day with interesting facts and quizzes and test your skills with puzzles.  
Keywords: Education  
Facts  
Quizzes & Puzzles



**Daylio**  
(Relaxio s.r.o.)  
★★★★★  
If writing in a journal isn't for you, this app is. You can select your daily moods and activities, but also have the option to write notes—old school.  
Keywords: Lifestyle  
Journal/diary  
Moods



**Fancy Units**  
(Ievgeni Lebid)  
★★★★★  
How many times have you had to google money and measurement conversions? Well, no more! This app does it all for you.  
Keywords: Utilities  
Converter



**Flora: Focus & Study**  
in Forest  
(AppFina Inc.)  
★★★★★  
Does your phone keep distracting you? Open this app to start growing a tree. If you exit the app, the tree will be killed! See how big you can make your forest. You can also see your friend's results!  
Keywords: Productivity  
Motivation



**Happy Color**  
(X-Flow)  
★★★★★  
Relax your mind and create beautiful art simultaneously. Throw it back to your childhood and colour by number!  
Keywords: Games  
Art



**Happy Glass**  
(Lion Studios)  
★★★★★  
If your brain is in need of a zone-out, try this app. Draw lines to fill the empty, sad glass with water to make it happy again!  
Keywords: Games  
Entertainment



**Headspace**  
(Headspace Inc.)  
★★★★★  
Guided meditations will help you restore calm, focus, wellness and balance.  
Keywords: Health & Fitness  
Mental health  
Meditation



**LinkedIn Job Search**  
(LinkedIn Corporation)  
★★★★★  
Have all the tools you need to find the perfect job for you in one, simple app. You can also be notified when job positions you've chosen become available.  
Keywords: Business  
Employment  
Jobs



**Lumosity**  
(Lumos Labs, Inc.)  
★★★★★  
Keep your brain fit in the most enjoyable way, with games that test and train your memory, attention, speed, and more.  
Keywords: Education  
Games  
Training



**Sketch**  
(Sorry Mobile Communications AB)  
★★★★★  
Whether you're an artist or not, Sketch allows you to use tools that will have you drawing like a professional in no time!  
Keywords: Entertainment  
Art



**Moodpath**  
(MoodPath LLC)  
★★★★★  
If you find yourself feeling a bit off, this app will help you determine if there's something more going on.  
Keywords: Medical  
Mental health



**Motivate Me**  
(Fabulous)  
★★★★★  
This app will help you reach daily and long-term goals, by making it fun and keeping you accountable.  
Keywords: Health & Fitness  
Habits  
Productivity



**Pinterest**  
(Pinterest)  
★★★★★  
Need inspiration? A quick scroll through Pinterest, and you're sure to find something to get the creative juices flowing again.  
Keywords: Social  
networking  
Art  
Inspiration



**Quizlet**  
(Quizlet Inc.)  
★★★★★  
Create your own flashcards or use those created by others and enter to learn mode to help yourself prepare for tests or exams.  
Keywords: Education  
Flashcards

*We spoke to Victoria, a creative writer and copywriter at Parklife - a digital marketing agency that uses The Lab Factory space - to get her thoughts on cosharing.*

**Had you worked in a cosharing space before you worked in the Lab Factory? If not, what was your first impression of the place?**

No, I hadn't worked in a cosharing space before I worked in the Lab Factory. When I first arrived, I thought it looked funky and creative with its pop of colours, especially orange. Everyone seemed fun, friendly and professional, and I knew it would be an awesome place to grow my network as well.

**What do you find is the biggest difference between a cosharing space and a regular office/workplace?**

I find working in a cosharing space brings a lot of freedom when compared to a regular workplace. In a cosharing space, you're surrounded by other like-minded individuals whom, respective of their industry, want to grow their business. I find that in a cosharing space, people are more open and are willing to bounce ideas back and forth. Since the Lab Factory is made up of businesses and business owners, it's easy to share experiences, tips and recommendations on running your own business etc.

**What do you enjoy the most about working in a cosharing environment? What are some of the benefits you have noticed?**

I've enjoyed working alongside different businesses. Some of them have been financial planners, law firms, and insurance brokers. You don't get that working in a regular office. By working closely with other businesses, I've been able to grow my network and learn about different industries.

**Is there anything you dislike? If so, how do you overcome it?**

Yes. Sometimes there's no privacy. We work at shared desks most of the time and I wish I had my own office where I could lock the door and not get interrupted. Sometimes, people just don't get the hint (lol) and might walk into an office without knocking or will talk to you for ages. And there's always food and drinks in the Lab Factory so my waist line has suffered.

How have I overcome it? Dealing with the lack of privacy is a work in progress. I'm happy that I'm at a little boxed-in space at the corner. That usually gets people to leave me alone...or I put on my headphones. I try not to eat as many treats and I've joined the gym to keep fit and healthy!

**Do you prefer working in a cosharing space rather than a traditional workplace?**

To be honest, I'd say I'm somewhere between working alone and working in a cosharing space. When I work alone, I'm more productive. Working in a cosharing space can be incredibly distracting, and I work best when I'm closed off from people. However, working alone can get lonely at times, and working in a cosharing space helps me to get out of that bubble. Also, working in a cosharing space enables me to bounce off my ideas with other people. I can't do that when I work alone.

**Would you recommend trying a cosharing space to others?**

Yes, I'd recommend it. It's a different way of working and can revolutionise the way you work. It's also great for building up confidence, especially if you struggle with networking. Cosharing spaces can also help you get new clients for your business. Working at the Lab Factory was instrumental in me landing my first freelance writing client.



# Life HACKS

These small changes can make a massive difference to your lifestyle

## Productivity time

Figure out when you are most productive (when you feel energised and ready to work), and schedule time to work on your most important stuff then. Hopefully this isn't at one o'clock in the morning.

## Go to sleep and wake up at the same time each day

This will get your body into a routine, allowing you have a deeper sleep and feel more refreshed when you wake up.

## Goal set and make to-do lists

Don't leave your chores and assignments floating up in your brain! Write them down and prioritise them, to get as much done as possible. (Uh, hello, there was a whole article on this.)

## Exercise

And I'm not talking about some crazy, intense circuits. Going for just a thirty-minute walk will help clear your head and keep you fit.

## Charge devices overnight

This way, everything will be fully charged for the next day. Set a reminder to go off just before your bedtime each day with a note to plug in your devices, so you don't forget.

## Make your food the night before

If you have a full day where you will be out of the house for lunch, where possible, make your food the night before. This will give you more time to get ready, and maybe even a little extra sleep. You'll also save money by not having to purchase anything!

## Schedule free time

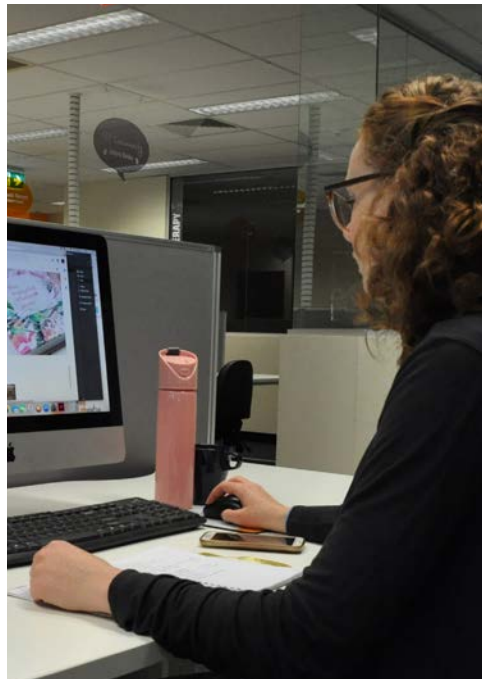
Are you finding yourself running out of me-time? Chances are, you haven't scheduled specific time for it. Time to yourself, to do what you want, is so important for your mental health. If you do this, you'll find other areas of your life improve too.

## Study tunes

YouTube, Spotify and Apple Music all have study playlists to help you stay focused. There's nothing like a bit of classical music to get the juices flowing!

## The cold cure

Feel yourself coming down with a cold or flu? If you can't get to the pharmacy or doctor anytime soon, try the age-old remedy of mixing one part of apple cider vinegar with five parts warm water, and adding 2-3 tablespoons of honey.



# Post-Internship



Since there was so much to do at the end of our last day, we all decided that we would like to finish up as much as we could to make the magazine the best it could be!

In the couple of weeks after the internship had technically finished, I tackled fixing up the creators article, the app article, and the confidence article - that had been edited a fair bit since it was originally laid out. I also set about laying out the peaceful planner article, Loren's anxiety essay entitled 'The New Black', and Kate's insights paired with information on her Etiquette of an Intern book. Celine and I agreed on the last day that it was probably best that she laid out the 'eat your frog' article as she had already designed a few of the elements for it.

As well as the leftover articles we needed to lay out, the balance section - which forms a pretty crucial segment of the magazine - needed an introductory page or spread. We had

already taken photos for this thinking that perhaps Loren doing some typical yoga poses could be appropriately symbolic.

In the interests of keeping it a simple spread, I decided to use a photo of Loren that Celine had taken and added a few semi-transparent circles. The circles looked a little like bubbles and added a cute element. They also distract from the house in the background of the photo. I made only minor adjustments to the image in Photoshop, in an attempt to make the greens and blues of the image stand out - as these are the colours often associated with calmness, safety and peace of mind.

Given that there is not an abundance of photography in the magazine, I think this spread stands out as different, like a title page should.

What follows includes all spreads that I have completed for the Get Set Go Parklife Group intern-collaboration magazine.



# The Creators



**Name:** Loren Hillier

**Age:** 21

**Degree and university:** Bachelor of Arts double majoring in Creative Writing and Professional Writing and Publishing at Curtin University

**Describe yourself in five words:**

Lame  
Kind  
Funny (but lame, remember)  
Worrier  
Caring

**What do you love about writing?**

The thing I love about writing is the end result. The process can be long, difficult and annoying, but when I end up with a piece that I can read through and feel the emotion and impress myself a little, that's when I love writing.

**What's your favourite genre?**

I like writing lifestyle pieces—whether it's for blogs, magazines or social media posts. I like writing in a tone that people similar to me can engage with and respond to. I'm not sure if I'm in a position to give advice or recommendations, but I also love helping people, and love to do this through my writing too.

**What's your favourite piece you've written?**

I'm not a huge fan of writing poetry, but surprisingly, some of my favourite pieces of writing came out of my poetry unit at university. One that stands out is a free verse poem I wrote on an imagined fifth weather season—that was pretty cool.

**What issues are you passionate about?**

I'm very passionate about human and animal welfare, and I try to be really environmentally-conscious too. As I've gotten older, I've started to really assess my diet and lifestyle choices, and how these affect other humans, animals and the planet. So now, I basically go about my life trying to have as little negative impact on the earth as possible. It can be hard at times, but doing your best is all you can do.

**If you could only eat one food for the rest of your life, what would it be and why?**

Probably vegan nachos. I love any kind of Mexican food with a passion, but nachos always take the cake for me. Especially with homemade guacamole... "droot!"

**Best bit of advice for young adults:**

Have perspective. Nothing matters as much as you think it does, in the long run. What you are worrying about today will probably not be a concern in the future, so just try and push through it with that in mind!

**avourite quote:**

"You cannot change what you refuse to confront" — John Wayne

**Most used emojis:**



**Name:** Celine Wong

**Age:** 22

**Degree and university:** Bachelor of Arts majoring in Graphic Design at Murdoch University

**Describe yourself in five words:**

Kind  
Determined  
Curious  
Sympathetic  
Introverted

**What do you love the most about graphic design?**

I love that I enjoy doing it and that designing for others helps them and their businesses/causes.

**What kind of patterns do you like to work with the most, and why?**

Where do I start? I love almost all patterns from cute to delicate, to even weird looking ones. You can quite literally create patterns from anything. If you love something, why not repeat it over and over to create a pattern? It's so customisable and unique.

**What's your favourite thing you've designed?**

I am emotionally attached to the first logo I designed during my first year in university. It's for a made-up client called Freshart that sells eyewear.

**What kind of issues are you passionate about?**

I prefer to avoid stressful topics and issues, especially political and religious ones. I do, however, welcome a chat about racism, sexism, feminism and mental health issues. I obviously love to talk about design and everything surrounding it.

**If you could only use one app for the rest of your life, what would it be and why?**

An app like Facebook Messenger or WhatsApp, because they enable me to communicate with my loved ones, family and friends come first—they are essential and everything to me.

**Best bit of advice for young adults:**

Take care of yourself and do what you need to do.

**Your favourite quote:**

"Treat others as you would like to be treated"

**Most used emojis:**



**Name:** Briar Dunnet

**Age:** 24

**Degree and university:** Bachelor of Arts majoring in Graphic Design at Murdoch University

**Describe yourself in five words:**

Flowersy  
Quiet  
Creative  
Friendly  
Crazy (the good kind)

**Why did you choose to study graphic design?**

I didn't really know what I wanted to do, so I went to see a career advisor. She was very helpful in assessing my interest and aspirations and then suggested I study graphic design to develop some basic design skills that could be used in a number of applications. Basically, I chose to study it because it meant I didn't have to choose one solid career path for the rest of my adult life in five minutes flat. It came with options because of its versatility.

**What colours do you like to work with the most, and why?**

I like to use a mixture of bright and pastel colours. It really depends on the context. I am usually drawn to bright colours—especially teals, purples and pinks. But I really appreciate pastel colour combinations. Essentially, I like bright colours alone, but I prefer pastel

colours when they're well combined. I can't choose just one!

**What's your favourite thing you've ever designed?**

Probably my portfolio which is in the process of being designed at the moment. Because it's for me and my work, I had a lot of creative freedom with it, so I could let my 'freak flag fly'. The design consists of a number of watercolour flowers and leaves that I painted specifically for use in my portfolio, so it combines my interest in nature, design and hands-on creativity.

**What issues are you passionate about?**

Women's rights. Not to an enormous extent—I'm no bra-burning feminist or anything. I would mainly like to see equitable representation of women in as many situations as possible. In design, women have remained largely unrecognised in the histories of digital design, specifically and often are not given a fair go as compared to their male counterparts. Other than that, I am also interested in having more young people in the workplace.

**If you were stuck on a deserted island with one movie or TV show, what would it be and why?**

It would be *WTFASH*. I love it more than I can say. It would be my trivia topic if ever I was in need of one. I like how delightfully inconsistent it is—there are so many little plot holes that make you stop and go "hang on a minute..." And it always puts my life into perspective.

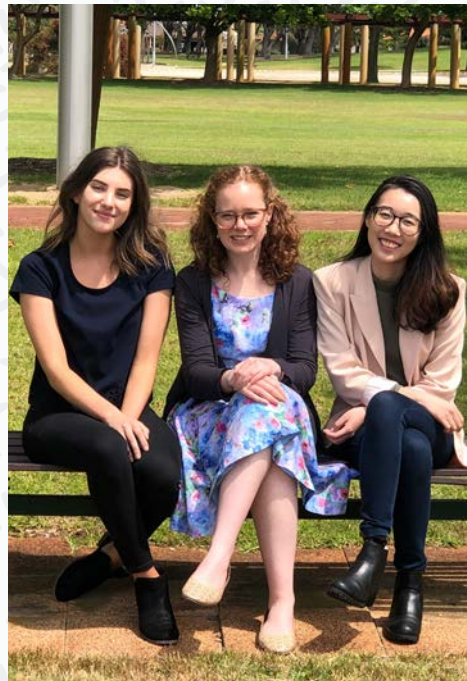
**Best bit of advice for young adults:**

Take every opportunity that is offered because there is no guarantee it will be repeated. Also, don't be ashamed of who you are.

**avourite quote:**

"Life is a journey to experienced, not a problem to be solved" — Winnie the Pooh

**Most used emojis:**





## A guide to goal setting

Could bad goal setting be your future-self's downfall?

Goal setting is something most of us do on a daily basis, without even realising it. Thinking, I better pick up that parcel today, writing a to-do list, or clicking 'play all' on that new series in the hope of binge-watching it all the way through, are all forms of goals. However, it can be hard to distinguish which goals take priority, and what kind of goal is a good one.

### Why is goal setting so important?

Goal setting itself is a great way to get stuff done. If done correctly, it can rid you of those overwhelming, doubt-inducing thoughts such as I have so much stuff to do or I'm not capable of that! In the short term, it can help you get that assignment done in time, and long term, it can help you make your way up the corporate ladder.

A 2014 study published in the Journal of Applied Behaviour Analysis saw everyday women aged 18-28 use goal setting to improve their weekly running distance. All participants showed improvements, and one even increased her distance from 9.2km per week to 26.9km per week, over a six-week period. So, there's no doubt that goal setting works—you just have to do it right.

### Okay, now what?

Now, you can prioritise your goals. Of course, one way to prioritise is by looking at the time-frame, and what needs to be done by when. Another is by impact—if you don't achieve this goal, what will be the repercussions? If you have an assignment to finish and submit that day, but you'd also like to do an hour of leisurely reading, you should be prioritising your assignment. Your repercussions would obviously be much more serious if you didn't submit it on time. So, just go straight forward, but once

you get the hang of it, you'll find prioritising a handy tool to ensure the most important goals get done first.

Well, by now you should be a good goal setting junkie. Some might say all of this is overthinking a simple idea, but it's a really important concept. Setting clear, attainable goals can be a life-changing act. As American author Zig Ziglar said, "a

## Your Turn

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### Okay, so why is it so important that I construct my goals well?

Have you ever made a promise to yourself, and felt disheartened when you don't follow through? I mean, I keep telling myself that I won't continue moving my clothes from the bathroom floor to a chair in my bedroom and letting that pile get so large and unstable that when I pull out my favourite shirt, it topples over in a sad-but-true representation of my poor goal setting. No, this time I will hang my clothes straight back up! But every day, I see that pile of clothes staring at me, and it makes me feel pretty crappy (I'm also still learning). If you're constantly not reaching your goals, you will probably find yourself getting down about it, which can lead to giving up. But you just need to reevaluate the way you're constructing them.

### How do I participate in the act that is amazing goal setting?

Well, there's quite a few components to this, so let's break it down.

#### ✓ Write them down

I cannot stress this enough. It may sound obvious, but if you really want to make a change in your life, there's no point in leaving the thought floating around in your brain with everything else you have to remember. Writing

them down holds you accountable, whether it be digitally or on paper. I also find putting a little check box next to each goal gives me the opportunity to have the satisfaction of ticking things off as I go—ah, it's the little things.

#### ✓ Break it up

Big goals can be overwhelming, so instead, turn a goal that might be achievable in a few months, into smaller daily goals, which will help you achieve the larger one. For example, if your goal is to be employed within the next

three months, dedicate yourself to an hour's worth of job searching a day, or whatever is realistic for you. This will make your big goals seem much more attainable, and daily goals have the potential to become habit.

#### ✓ Make them specific, timely, and realistic

Say I'd like to get into long distance running. I don't really do much exercise at all, so I'm a beginner. The goal I set is: in the next few weeks, I will start exercising nine times a week. Wow, what a great goal this absolutely is NOT! The time-frame is unclear, the action is not specific, and exercising nine times a week is simply not realistic.

You've probably heard of SMART goal setting, which stands for specific, measurable, achievable, relevant and time-related. Whilst you don't have to construct your goals by this every time, it's a good way to quickly check if you've covered the important bases. So, how would you reconstruct the above goal?

If you said something like, I will go for a 30-minute walk every day, you've got the idea. I could then progress this goal to a 15-minute jog every day, once I feel ready.





# MAKING decisions

## The dos and don'ts

So, it's your turn to choose tonight's Netflix movie. You're feeling confident and scroll down to the 'critically-acclaimed movies' section. You hit the next button over and over, waiting for a film that catches your eye, but there's nothing. Well, actually, there's everything—there's too much choice. You keep flicking through, your family's gaze sitting heavily upon you as beads of sweat erupt from your forehead. You pause on Inception, then see Forrest Gump, a classic, further down the line. You look to your family for help, but they shrug as if to say, 'well, you have to decide!'

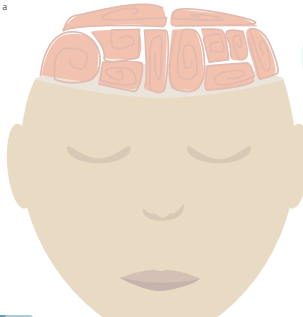
But there's too much pressure.

Sound familiar?

Sometimes, it seems like everyone in your life—teachers, employers, family, friends, all want the answer to one question: what do you want? But the answer is not always straightforward and requires a lot of decision-making on your part. This is where panic can set in, and things can go wrong. Making big decisions, especially in this phase of your life, is difficult. Keep reading for a few dos and don'ts to help yourself not only make a decision, but a good one.

### CATASTROPHISING

To catastrophise is defined in the online Oxford Dictionary of English as viewing or presenting a situation as considerably worse than it actually is. This is something we all do—we think of the worst outcome of a situation, and let it stop us from doing what we really want—basically, we choose the safe option. If you find yourself doing this, try thinking instead of the best possible outcome, and determine your decision that way.



### DO Stay calm

It's always a good idea to distance yourself from any overwhelming emotions, such as stress or anxiety, before making any decisions. If you are able to approach a decision with a clear-mind, you may find yourself stumbling upon the right option sooner than you thought. So, if you can, sleep on it. However, you don't always have the luxury of time. If someone comes to you with a decision to make that requires an immediate response, and your brain starts running a million miles an hour, just take a couple of minutes to take some deep breaths and get back to a good headspace.

### DON'T Panic

Panic in any situation is rarely useful. It can cause you to act irrationally and feel regret later on.

### DO Ask for help

Whilst it is important that in the end, it is solely you that makes your decision, it doesn't mean that you can't seek advice from others. Try and find people who have been in your situation before. Though no experience is ever the same, learning from others is a great way to help you determine how you might go about certain things, or where you might like to go next. You may be surprised by where different people in certain roles have come from (check out those case studies)—not everyone takes the conventional route, and you don't have to either! Most people will be happy to help, so don't ever be afraid to ask questions.

### DON'T Isolate yourself

There's normally two reasons this happens; one is that you don't want to burden anyone else with your issues, and two, that you feel like no one else will understand.

### DO Have perspective

It is easy to feel like certain decisions may determine the rest of your life— which, in a way, they do (y'know, the butterfly effect and all). I guess a better way to put it is, you may feel once you make a choice, especially a big one—choosing your year 12 subjects, university degree, grad program or job application, for example—that you will be locked into that choice forever. This can cause stress, anxiety, and consequently (you guessed it), bad decision-making. A good way to gauge the significance of a decision is to think about how it will affect you in one year, three years, or even five years. When choosing a degree to study, you may think, in one year, I'll either be studying this degree, or not. Not such a big deal, right? Whereas deciding whether to rob a bank, you may think, in one year, I will either be IN JAIL, or not. See the difference? Sorry, dramatic example, I know. But regardless, perspective is important.

### DON'T Let it consume you

Worrying that the outcome of one decision is going to determine the rest of your life is one big way to become bogged down. It will make you want to put off making said decision, or you (understandably) might start freaking out about it.



# Horoscopes



**ARIES**  
 (Mar 21 - Apr 19)  
 Bold and ambitious. Dive headfirst into challenging situations.  
 Courageous, determined, confident, enthusiastic, optimistic, honest.



**TAURUS**  
 (Apr 20 - May 20)  
 Enjoy relaxing in bucolic environments, surrounded by soft sounds and soothing aromas.  
 Reliable, patient, practical, devoted, responsible, stable.



**GEMINI**  
 (May 21 - Jun 20)  
 Playful and intellectually curious. Constantly juggling a number of passions.  
 Gentle, affectionate, curious, adaptable, quick learners.



**CANCER**  
 (Jun 21 - Jul 22)  
 Highly intuitive. Can effortlessly pick up on energies in a room.  
 Tenacious, imaginative, loyal, emotional, sympathetic, persuasive.



**LEO**  
 (Jul 23 - Aug 22)  
 Vivacious, theatrical and passionate. Love to bask in the spotlight and celebrate themselves.  
 Creative, passionate, generous, warm-hearted, cheerful, humorous.



**VIRGO**  
 (Aug 23 - Sept 22)  
 Perfectionist at heart. Not afraid to improve skills by diligent and consistent practice.  
 Loyal, analytical, kind, hardworking, practical.



**LIBRA**  
 (Sep 23 - Oct 22)  
 Obsessed with symmetry and strives to create balance in all areas of life.  
 Cooperative, diplomatic, gracious, fair-minded, social.



**SCORPIO**  
 (Oct 23 - Nov 21)  
 Very intuitive. Life is a game of chess to them.  
 Resourceful, brave, passionate, stubborn, calculating, true friend.



**SAGITTARIUS**  
 (Nov 22 - Dec 21)  
 Always on quest for knowledge. Excellent storytellers. Easily attracts others.  
 Generous, idealistic, good sense of humour.



**CAPRICORN**  
 (Dec 22 - Jan 19)  
 Unwavering focus. Conservative at first, but deep down love to push boundaries.  
 Responsive, disciplined, self-controlled, good managers.



**AQUARIUS**  
 (Jan 20 - Feb 18)  
 Revolutionary thinkers. Rebels at heart. Despise conventionality.  
 Progressive, original, independent, humanitarian.



**PISCES**  
 (Feb 19 - Mar 20)  
 Most psychic, empathetic and compassionate of signs. Easily swayed by emotions.  
 Artistic, intuitive, gentle, wise, musical.

# CONFIDENCE

## and You

"Each time we face our fear,  
we gain strength, courage, and  
confidence in the doing."

—Theodore Roosevelt

Confidence is an extremely handy quality to have under your belt. It can help you land that job, solve that problem, and leave others with a great impression of you. Yes, it is also something that seems to stump a lot of young people, myself included. It's like, me? Feeling... certain? About myself and my abilities? But, but how? So, why is confidence such a sticky subject? To get some answers, I chatted to Sarah McGlinchey, CEO and Founder of *No Boxes Mindset Coaching* about all things confidence.

**Q: Is insecurity something you deal with a lot with your clients?**

**A:** Yes, it sure is. There is a major gap in society of how people have been educated and trained in confidence or, more importantly, acceptance of who they are. Confidence comes from being in a place of love and acceptance for who you are and what you stand for. If this hasn't been a skill that you've been taught, or allowed to express, then it will result in a lack thereof. Most of my clients approach me because

of their confidence issues. These generally show up as anxiety, but whatever it's called, it's preventing them from stepping fully into their life. Before long they're unstoppable on their own path, once they see where they can make new choices to step away from what's blocking them.

**Q: Why do you think so many young people are lacking confidence in their own capabilities?**

**A:** There is so much comparison to others in society. We see the obvious ones, like magazines and celebrities and the fake reality that we're shown in that world. And because they are portrayed as success—due to some distorted definition of what success actually means—people then fall into unhealthy comparison and form the idea that they are not enough. Not to mention all the conflicting messages on social media. The false positivity and pretence that 'all will be fine if you just think positively' I believe there are not enough messages that it is OK to not feel positive, and actually it's right there, in the darkness, that the gold

can be found. The gold here is the lessons we learn from the experiences we have, the mistakes we make and the wisdom we gain. Learning from our mistakes and being responsible for our own actions is the best way to build confidence and resilience.

**Q: Why is feeling confident in the workplace so important?**

**A:** Employers hire based on skills and personality. What they want to see is that

every rejection is an opportunity to tweak and change and learn. Rejection could simply be the universe guiding you in a better direction.

**Q: What are some basic steps people can take to improve their confidence?**

**A:** Self-love and acceptance. Coming to a place of understanding with who you are, not in comparison to anyone else,



*Kids are in a school system that is designed to make everyone fit the same mould. There is no opportunity in the school system to be an individual, because even though they say they are breeding the best, they are breeding the same best, and only a few will fit in that mould. There's no room in the box for everyone, but no education on how to be on the outside of the box.*



you can do the job, but if you can't, then they want to know you can find solutions and think outside the box to get the job done however you can. Learning resilience and engaging your problem-solving skills builds confidence as you learn from the attempts that don't work. Thomas Edison (inventor of the light bulb) says it best – "I have not failed. I've just found 10,000 ways that won't work."

**Q: Young people are often constantly applying for jobs, and consequently experiencing a lot of rejection. What's a good way to deal with this?**

**A:** Get feedback, learn from the rejection. We are constantly being tested by life—

just owning your own space in the world. Comparing yourself to others is the most pointless trait a human can have. Even the most successful people in the world have shitty problems. They've had loved ones leave this life, they've lost everything, they've had terrible relationships, they've failed tests. The difference is in their conditioning, resilience and how they have been prepared for life. One of the most important basic steps to improve your confidence is pay no attention to what's on social media, and certainly don't be concerned that people who post are living a better life than you. They are only sharing a tiny part of their whole life and only the part they are willing to share that seeks validation and does not invite negative judgement.

## A BIT ABOUT

### Sarah

**Q: Your business name is no boxes. What's the meaning behind that?**

**A:** I am not bound by social expectations, fears or even education. I believe in systems, structure and healthy boundaries, but beyond that, there are unlimited possibilities and opportunities in this life and I aim to open people's minds by opening up their "boxes" so they can see new opportunities.

**Q: What lead you to become a mindset coach?**

**A:** I love to chat with people. I have an amazing knack of tuning into belief systems simply by listening for a while. The stories we say aloud can bind us to these beliefs and life will show up accordingly. When a belief or a pattern can be interrupted with new perceptions and possibilities, a new awareness is born. And from awareness we can choose to change. Watching people's lights switch on or get even brighter through a simple conversation with me makes my heart glow.

**Q: What would you say are the overarching benefits to mindset coaches?**

**A:** Did you know your brain is like the Operations Manager of your body? It's core function is to keep your entire system functioning as it is designed to. Where there are imbalances or poor functioning, the brain's job is to talk to the body part involved and tell it how to perform its job properly. Any techniques that are designed to balance your brain and improve its functioning are highly recommended as these will improve your overall health. Brain balancing techniques improve focus, concentration, memory recall, body functioning and a by-product of all of this is improved confidence.

If you need help changing your mindset, you can reach out to Sarah on:



**noboxes**  
mindset coaching

0412103649

hello@noboxes.com.au

*Any opportunity where we can be still is an opportunity to listen to what our body is saying. The physical symptoms that show up are our body's way of talking to us and telling us to listen and make a change. Recurring illness and injury is a sign that we're not listening and we're not learning what we need to move on from. Breathing mindfully, right into your belly and fully out again for even just a few good breaths is energising and cleansing. This gives your brain time to cut through the constant chatter and scan your body to check how it's functioning.*

# Brain POWER



Just like any other part of your body, your brain will function at its best when it gets what it needs. Sleep is extremely important, but so are your diet and exercise routine! So, if you have lots of study to do, exams or assignments to complete, or long days at work, how you treat your body will make a big difference to your overall performance. We spoke to Pete (Lastname), personal trainer from Finetune Fitness, to get some tips and tricks to make sure your brain function is at its peak when you need it to be.

# Exercise

Why should young adults who are studying or working take time out of their busy schedules to exercise?  
Exercise is beneficial in so many ways and you don't have to be doing an excessive amount to see great benefits. Moderate exercise has been shown to improve mood and regulate stress and anxiety as well as reducing feelings of depression. It encourages the release of endorphins in your body which makes you feel happier. Now days we live such a busy life which is often over filled with work, study or family commitments. Exercise either outdoors or in a gym setting can be a great escape and freshen up for your mind and body plus the social aspect of exercising shouldn't be underestimated either. On top of that there are endless health benefits for your body when you are exercising regularly.

What are some relatively easy exercises students could do at home in a short break between working or studying?  
I regularly see clients in the gym who work long hours at a desk or study for hours on end. It is extremely important you move regularly and focus on your posture at your work station as well as being sure to have easy access to water, so you stay hydrated. I would recommend getting up every 30 minutes for a short break. Walk around to release your hips and a simple stretching or mobility routine is also advised. Look to briefly stretch your hamstrings, quadriceps, glutes and lower back as well as stretching through your shoulders and chest. Some spinal mobility work would also be beneficial. It's so easy to find exercises now online and you can look to do a different one at each break.

How often would you recommend young adults exercise during the week?  
I guess it is all relative to your situation, for some it's easy to exercise most days but others may have busier lifestyles or a young family, so free time can dry up a little. If you are exercising at least 2-3 times a week you will get health benefits from your training and will start to see results and feel great. If you can exercise most days, you will fast track your results and make progress more quickly. If you are training most days, you should look to speak with a personal trainer and get some assistance to structure your program accordingly to ensure your routine remains balanced. Your body will respond better with a varied routine.



# Food

Can consuming the right foods make a difference to your brain power? If so, how?  
Definitely. Your brain and body will function at it's best when it is fuelled with premium fuel. Eating regularly and looking to eat high quality foods packed full of vitamins, nutrients and antioxidants is important. Aim to eat a balanced diet full of whole foods while looking to avoid processed foods and refined sugars as much as possible to ensure your brain power is supercharged. You could also look at taking a probiotic to supplement your healthy diet as it has been shown to help reduce anxiety and stress levels by filling your body with good bacteria.

What are some good, healthy study snacks that might improve your mind function?  
Some healthy and easy snack ideas could include nuts such as walnuts, almonds and cashews, and seeds—such as sunflower seeds or sesame seeds—which can be added to a salad. Otherwise nut butters like healthy peanut butters (no added sugar/salt) or almond butter can be easily spread on rice crackers. Blueberries provide a hit of antioxidants and make the perfect snack when paired up with some Greek yoghurt.

I have an exam or a big day at work tomorrow. What meal should I eat the night before?  
My advice would be something that is healthy and easy, so you can get back to studying. A good option may be crispy skin salmon with seared spinach, sweet potato, broccolini and a wedge of lemon. That gives you a great hit of protein and omega 3 as well as vitamin K, B6 and B12 which are great for memory and alertness.



## Bliss Balls with peppermint oil

A quick, easy and delicious snack that will help clear your mind! Some studies have shown that peppermint oil increases attention, recognition, memory, arousal and attention. Perfect for long days of work, school, uni or studying, am I right?

**Choc Peppermint Bliss Balls**  
This recipe is taken from [wholefoodsimply.com](http://wholefoodsimply.com). Check it out for more healthy, easy recipes!

### Ingredients

- 1 cup dry roasted/raw almonds
- 1 cup dry roasted/raw cashes
- 12 medjool dates, seeds removed/1 cup normal dates
- 3 tablespoons cacao or cocoa
- Pinch of salt
- ¼ teaspoon food grade peppermint oil/1 teaspoon natural peppermint extract

### Method

- Blend the almonds and cashews first, until the mixture resembles a coarse flour.
- Add the dates and cacao/cocoa and blend until the mixture resembles a fine, sticky crumb.
- Add the oil/extract and mix to combine.
- The fun part—use your hands to shape the mixtures into balls.

Place them in the fridge to set  
Or eat straight away if you can't wait, like me.

# The Peaceful planner



I'm a Visual Artist, budding author, believe, grateful wife and Mumma to three gorgeous teenagers. The Peaceful Planner is one of my creative gifts to the world!

I've had the most colourful and exciting journey in life so far. I was born and raised in the beautiful African country of Zimbabwe, and after living in Cape Town South Africa with my young family, for a short time, we now live in Mandurah, Western Australia.

After a long and difficult journey learning to accept and manage Bipolar Affective Disorder; I have found that my peace and passion is when I am creating beautiful art and encouraging others to explore their own creativity. After various stays in different Mental Hospitals, years of counselling and Art Therapy, my journey to recovery and mental health has involved creating a routine and structure with activities that contribute towards keeping me well and happy. This ensures that I'm in the best place to love and support my family and friends and do all the "stuff" in daily life. I know the freedom and healing that comes from being vulnerable, seeking help, showing up and sharing your story. I believe that.

"Art is not always about pretty things, it's about who we are, what happened to us and how our lives are affected."  
- Anne Brown-

I believe in keeping it real, and by no means have I got it all together or figured out, I still have my rough patches, low days and challenging moments.

A few other things about me, I'm a lover of coffee, and a chocolate and chocolate cake enthusiast. I adore sunshiny days on the beach with a good magazine, girly days out shopping and afternoon naps are the best. Downon Abbey and Pride and Prejudice are my secret joy and classical music and christmas carols calm me. I have a wicked sense of humour, an infectious loud laugh and always tend to take a joke just a little bit too far. I swim often and this is medicine for my body and soul.

I'm deeply grateful for the abundance of love, laughter, struggle, growth and opportunity this gift we call life has given me.

I know it's exhausting being fabulous but life's too short not to be!

With love and laughter;

*Abigail Vincent*



# THE NEW Black

## An observation of anxiety and self-diagnosis

I spend ten minutes before a phone call staring through the wall, running over my choice of words again and again. I walk into a restaurant and instantly worry about whether I order at the counter or if someone will come to my table, and I don't speak to new people until they speak to me first. I'm constantly in REM\* sleep—never deep enough to wake up feeling refreshed. My mind consistently wanders towards other people's thoughts and judgments. It gives me a nauseous feeling at the bottom of my stomach, and the pace of my heartbeat starts to quicken.

It's anxiety.

At least, I think it is.

The first time I remember actually acknowledging that what might be happening to me was an anxiety attack, was only about a year ago. I was getting ready to spend the afternoon with my university friends—that's right, university friends. I'd only known them for a couple of months, what the hell was I thinking? They'd never seen the 'outside me', the me that enjoys lame humour, drops a few too many F-bombs and doesn't have a thing for veges. Yes, this was a genuine concern as there were to be a few vegans in attendance, and I was young and having a fast-food affair every Thursday night.

There would be people I didn't know too, the 'friends-of-friends'—the worst kind of people. The people you have a little in common with, but not enough to make anything but small talk—"well... how do you know Charlotte?" Yet there I was, staring at the contents of my closet which was now strewn across my bed, trying to figure out what to wear to a 'casual-beach-house-dinner-and-board-games' night without looking like a botox bogan. And I started to freak out. I felt like someone had sucker-punched my stomach, and my eyes started to water. All I wanted to do was stay home and watch Dance Moms. "Why am I like this?" I asked myself, like I had many times before.

"Maybe you have anxiety."

Hang on, I'd never heard this voice before.

"Anxiety, you say?"

"Yeah, remember the other day Michaela rang you—she had that panic attack at the shopping centre? She has anxiety. This is basically the same, right?"

My long-time best friend Michaela had suffered from some pretty severe anxiety attacks. If she did, could I be? Should I be?

Oh, and in the end, I had a great time at the gathering.

After my self-diagnosis, I found myself at the hand of anxiety more often than ever before. Perhaps it was just psychological (of course, isn't it always?), but it felt as real as the shakes I got in my fingers. I consequently became more and more aware of the amount of times the word 'anxiety' gets thrown around, especially amongst young females—myself included. This is of course not to take away from legitimate cases of mental health issues—but more to observe the contagious effects they can have on the world around them.

In fact, the Australian Psychologist Journal stated that in 2010, of 6479 students surveyed from two major Australian universities, 67.4% reported 'subsyndromal symptoms'. This means they suffer from symptoms of mental health problems, but not severely enough to receive or seek a diagnosis.

Was this the category I fell into? Was there a category for 'people who never identified their anxiety as anxiety before their friends started doing it'? I started to feel guilty. It was like anxiety was the fashion and I was just catching on, just following the herd. I told myself there were people out there that had actually been diagnosed, people who need to take medication and speak to someone about their feelings—I didn't need any of this. I was being selfish, dramatic, attention seeking, and I kept it to myself.

It was at this point in time when my casual work at a pet and garden supply shop decided to introduce a Christmas fundraiser for local animal shelters. What I was supposed to ask every customer that came through my checkout was:

"We're currently raising money for local animal shelters. Would you like to make a small donation of three, five or ten dollars?"

Sounds easy enough—what a good cause, right? I thought so. Then the first customer approached my bench, a scruffy rope and quite a few tins of dog food in her basket.

"They're on a good multi-buy at the minute," I smiled as I scanned the tins through. She barely looked up. I'd normally disregard this frosty attitude, not uncommon from middle-aged parents buying stuff for the pets their kids don't look after like they said they would. But then my mouth went dry, my brain couldn't form a comprehensible sentence and my stomach sunk to the bottom of my torso. I knew what I had to do next.

"We're... would... uh..."

Shit.

"Would you like to put that on cash or card?"

For the whole two months, I was the employee with the lowest percentage of donations. I couldn't bring myself to ask people to donate even three dollars to an animal shelter that needed it. I hated going into work—the half-hour drive there saw many tears splash into my lap despite the fact it was probably pretty dangerous to drive with cloudy vision. This had to be anxiety. I was sure of it.

I tried to ease up on myself after that. I guess I was being illogical beforehand—it makes plenty of sense that more and more of us young adults are feeling the pressure of the fast-paced world we live in. We're constantly surrounded by incredibly high standards set by photoshopped Instagram socialites and models with angel wings. We're supposed to balance a job, friends, family and a good amount of sleep whilst completing uni assignments that sometimes seem completely irrelevant to our degree of choice. In fact, the 2010 Stress and Wellbeing in Australia Survey states that 76% of young adults (18-35 years old) reported that stress was having an effect on their mental health. It's a distressingly massive number, but it is also a little comforting. I'm definitely not as alone as I thought. I still haven't been formally diagnosed with anxiety, but now I don't think I need to be. I'm happy to exist in this big, wide, stressed world alongside my subsyndromal friends, as we try to navigate our way through a life of being anxious, but not anxious enough.

## Are you, or is someone you know suffering from anxiety?

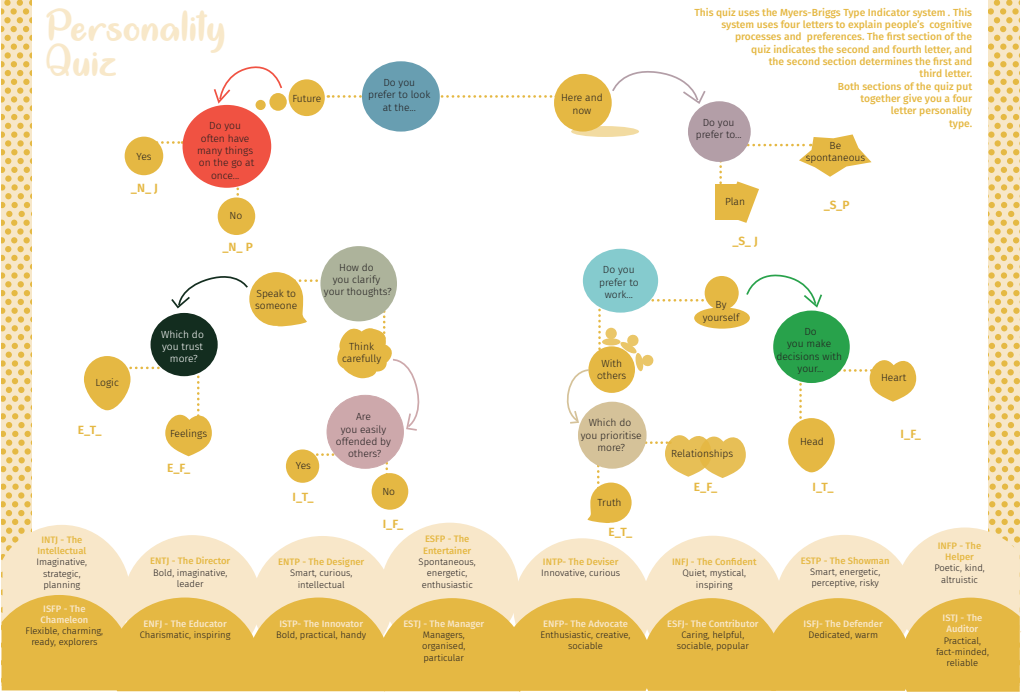


**beyondblue**  
Aims to increase awareness of depression and anxiety and reduce stigma.  
Call 1300 22 4636, 24 hours / 7 days a week.



**Headspace**  
Provides mental health and wellbeing support, information and services to young people aged 12 to 25 years and their families. Call 1800 650 890.

# Personality Quiz



# FEELING STUCK?

So, things haven't turned out the way you planned. Perhaps you dropped out of school before graduating. Maybe you did finish school but can't bear to even think of sitting through another three years (at least) of education. Or maybe you tried your hand at uni or TAFE, and for whatever reason, things just didn't work out. Regardless, you're feeling a little stuck. With the significance society places on education—and of course, education can be an amazing thing—it's so easy to feel that you can't get anywhere without it. But take a deep breath, my friend. We've uncovered and dissected some awesome programs and pathways that have got you covered for whatever sitch you're in.

## I WANT TO...

**GET STRAIGHT INTO THE WORKFORCE, BUT...**  
You're not sure where to begin or if you have the qualifications you need.

Basically, BTG is there to give you all the information and resources that you need. To find your closest career centre, see: <https://www.bridgingthegap.org.au/>

BTG offers personalised career guidance sessions where you will create an action plan, which will help get you on track to achieve your career goals.

They can help you discover your real interests and a career to match these.

Bridging the Gap (BTG) is an awesome Western Australian not-for-profit organisation with career centres that provide free guidance and information in regard to employment.

They provide access to online career planning tools, education and training options, and information on career pathways.

You can receive help with your job search skills, and there is also free computer access for job search activities.

## START MY OWN BUSINESS

If you've got an awesome talent or concept, why not make it your full-time job?

It sounds like nothing but a dream, but the New Enterprise Incentive Scheme (NEIS) has been created by the Australian Government to give unemployed job seekers the chance to turn that dream into a reality. You must have an eligible business idea, but once it has been approved, the possibilities are endless.

You will receive free, accredited, full time business management training.

During this training, you will create a comprehensive business plan. This will be reviewed to determine whether your idea is commercially viable.

If you are successful, you will receive a year of business mentoring and personalised support, and—if eligible—income support and rental assistance.

See: <https://www.business.gov.au/assistance/new-enterprise-incentive-scheme> for some more info.

## GO TO UNI, BUT...

Your ATAR isn't high enough? Is non-existent? No worries!

Some universities offer an ATAR adjustment, if you feel that you were under circumstances that meant you could not focus on your studies enough to achieve a higher ATAR.

For people with no ATAR, there is also entry available via work and life experience. In this scenario, you would create an application/portfolio (usually consisting of an introductory letter, resume, education history and some references) to be admitted either directly into the uni or into a bridging course, depending on the uni.

Speaking of bridging courses, these are also programs you can apply directly for that after completion, will get you straight into uni.

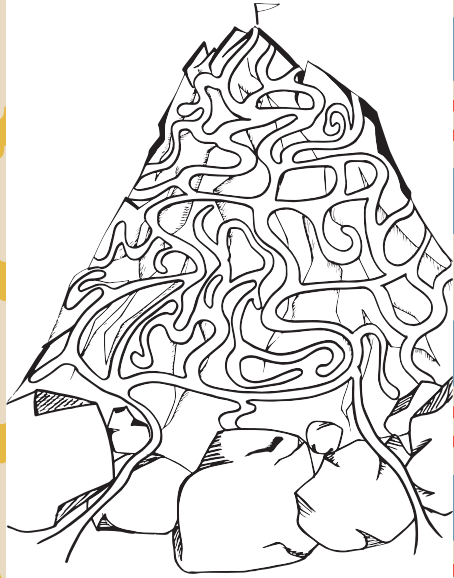
Otherwise, you can take the Special Tertiary Admissions Test (STAT), which according to the Tertiary Institutions Service Centre (TISC) (woah, welcome to Acronym City), is designed to assess your ability to learn in a tertiary environment, not your knowledge on a specific subject.

See: your university of choice's website (usually under 'pathways' e.g. <https://futurestudents.curtin.edu.au/undergraduate/pathways/>)

## Colouring-In



## Maze



## Up, Up and Away

Spot the difference puzzle - find 10 differences



## Explore!

Dot to dot puzzle





# HOW TO Dress

What you wear is much more important than you might currently believe! You may have great answers, but if your interviewer is distracted or not impressed by your outfit, then you're already at a loss. We've included a few notes on dressing appropriately to make sure the focus is on your knowledge, not your get-up.



## THE BASICS

As a basic guideline, Alison suggests a suit and tie (unless otherwise stated) for men applying for an office-environment role. Similarly, women should aim for a suit or suit dress. If you don't own any 'suity' items, consider a smart jacket or blouse with a skirt of pressed pants, depending. If you're unsure what to wear, contact the human resources team or recruitment officer prior to the interview. "Recruiters want to be successful, so they will help give you the direction you need. You certainly will not be the first person to have asked this question and you will not be the last," says Alison. Interview clothes do not have to be fancy or expensive—as long as they are clean, neat and tidy, they will suffice.

## TO BE COLOURFUL, OR NOT TO BE COLOURFUL?

"Colour is great" assures Alison, "we are all individuals. I believe it is good to stand out, however you have to consider the sector of the role you are being interviewed for. If it's a corporate role, stick with the norm—either black or navy." Any bright or garish colours can be distracting for an interviewer who will find themselves focusing more on your clothes than your answers. "Generally, black is considered the most professional colour to wear for an interview and navy blue is smart, professional and non-confrontational." However, if you are interviewing for a specific area of retail, for example, huge prints or statement clothing may be suitable. For blue collar (manual labour) roles, Alison says "an open neck, smart, plain shirt is considered acceptable. It can be teamed with dark pants."

Dress to impress - but be mindful of whom you want to impress.

## Alison's Tips

- Try your interview clothes on a few days before the interview. It's better to find out that your attire requires dry cleaning before the day of the actual interview.
- Remove any fluff or hair from your outfit—cat or dog hair does not look great on a black jacket!
- If there are any missing buttons on your suit jacket, get them fixed.
- Ensure your shirt/blouse is always washed and pressed.
- Clean shoes are essential. Make sure you check and clean your shoes the night before to save time the next morning.

## So you got the job!

This is no reason to let your amazing appearance dwindle! Hopefully during your interview, you were able to gauge the dress code at your new workplace, so you'll have an idea of what kind of clothes to wear every day. If not, there are a few basic guidelines that you can follow to ensure you look as professional as ever.

### No boobs, belly or butt

It sounds obvious, but it's a big one. Showing too much skin at the office or any workplace is never a good idea and is something that can make you look unprofessional pretty quickly.

### Or shoulders or toes

This is one that depends on your environment. A nice single blouse or open-toe heels could be totally acceptable at your workplace, but it could also be a no-go zone. On your first day, play it safe and cover your shoulders and feet completely. State of what everyone else is wearing and make adjustments the following day.

### Wear your hair neatly

There's nothing more distracting for you and those talking to you, than hair falling all over your face. Wear your hair how you like, just make sure it's not interfering with your vision.

### Don't over-accessorise (and don't jingle-jangle)

Lots of jewellery can be really distracting for yourself and others. If you do need to wear accessories when you work, you probably need to lose a few accessories.

### Avoid overly bright colours

Again, this can be distracting for other people you're communicating with. Dark colours can convey authority, whereas light, lighter colours are more casual. Think about what other good ideas to portray at work, and what colours can help you do that.

### Dress comfortably

Mentally and physically. If you head into work in an outfit you're not sure of, you'll probably spend most of the day worrying about what other people are thinking of you. Wear things that make you feel confident. Also wear things that won't have you shivering or hitting your arms every minute! Most full work days can range from five to nine hours, so you want to be feeling physically comfortable, too.

# Harry: Shop Assistant Student Survivor

Harrison Fry, affectionately known as Harry, is a 21-year-old with a huge story to tell.



Harrison lived a pretty normal life until age 6 or 7. It was around this time that his mum, Ros, started to notice his growth rate had slowed down. Harry himself started to get painful headaches, and his primary school teachers raised concern about a possible issue with his eyes. After a trip to an optometrist and occupational therapist, Harrison was given daily sight training exercises. But after completing these exercises every day for a year, there was no improvement. In 2006, with Harry aged 9, the decision to try a different optometrist was one that turned out to be life-changing. This time, the optometrist discovered Harrison's left eye was nearly blind and the left optic nerve looked dead. Under the advice of this optometrist, Harrison's family contacted a friend who was a doctor and could get him an appointment with a paediatric ophthalmologist the next day. Harry was then booked in for an MRI. "And that's when all hell let loose."

The MRI revealed that he had a cancer wrapped around his left optic nerve which was pushing and his family knew, Harrison was booked in to have brain surgery the following weeks. His parents were told if the surgery had been left any longer, he would have died. The surgery ended up lasting 15 hours. The tumour was debulked and Harry was well enough to continue on, with his skull held together by titanium plates. "Then we started the process of three-monthly MRIs to observe the actions of the cancer," says Harrison. "This was the norm until January 2009, when I got a massive headache and started to throw up." Ros took him straight to the emergency department at Princess Margaret Hospital (PMH), where they found out the tumour had grown and metastasized through his brain and down his spinal column. "To reduce the pain and save further damage and spreading, I had another debulking operation, and to hopefully reduce the size of all the cancers, I was given both radiation and chemotherapy. The doctors gave me three to six months to live." This debulking brain operation lasted 17 hours and was much

more invasive. The following months saw him gain the nickname 'Guinea Pig' at PMH, as his oncologists prescribed a chemotherapy that had never been used before. He underwent radiotherapy every day for six weeks and chemotherapy every Friday for six to ten hours over six months. "Unfortunately, the cancer, the second operation, the three shunt blockages and replacement operations caused some complications. I had acquired some brain damage. I lost my memory, my pituitary gland no longer functioned properly so I stopped growing, and my adrenal and thyroid glands also stopped working. This meant I had to start taking prescribed drugs to compensate for the loss of hormones and I had to retrain my brain to remember things." But, the experimental chemotherapy did start to work, much to many medical experts' surprise. To his family's knowledge so far, the treatment that was trialled on Harrison has now saved 10 lives around the world. "After six months of treatment,

life started to get a little brighter. I had an MRI every two months, then another year passed, and the tumour started to grow again. I was getting seizures, so I was put on medication to stop them. It was very successful, and I haven't had one since. Another six months of chemotherapy reduced the cancer's size once again."

Harrison continued the two-monthly MRIs, then three-monthly a year later, and then in 2015, the year of his eighteenth birthday, he went down to four-monthly. Now he only gets MRI scans every six months. The beginning of this year brought very exciting news, with Harry being taken off the terminal list.

"At current, I am well. I have some issues with vision which shouldn't be too hard to notice as I carry a white I.D. cane and wear glasses. I have to take thyroxin and cortisone acetate tablets to compensate for the loss of my thyroid and adrenal glands as well as my anti-seizure medication."

## Work and study life

During the more recent years, somehow, in the midst of everything, Harry has also been working and studying. Like most people, he found it hard to get into the workplace, but he also had his medical situation to consider. One of his high-school education assistants recommended seeking help from a disability employment agency. After trying a couple of different agencies, Harry found BIZLINK.

"BIZLINK's job search coordinators assisted me by driving me to and from businesses I was applying to, preparing my job applications, designing

resumes and cover letters, describing my medical issues and helping me complete job interviews—mainly when my memory was struggling to remember the answer to a question," says Harry. "After a year of searching, I found a job vacancy at Target on the internet. My search coordinator helped me design my resume and cover letter for the retail area of the business, then we went to Target and put in the application. Within the week I was called to a part group/part one-on-one interview, and I was offered a customer service assistant on the checkout."



Harry found Target to be extremely accommodating with his circumstances. In his earlier stages of employment, they allowed him more time to learn, adapt and remember how to do certain tasks. "The managers have also provided some mental help with the stresses of work and working with a disability, by discussing those stresses and finding ways for me to cope," he says. Harrison did also have his struggles when it came to getting TAFE tasks done on time. Along with distorted vision, when reading, he only sees between three and four letters at a time, which can make reading any length of text difficult. With memory problems, Harrison also finds he has to write a lot of things down—which leads to more reading, and more eyestrain. However, he has found ways to work through this as well. "If I make sure to look away from text every five minutes for about one minute, I can manage half an hour's reading without major strain. Then, I look toward the distance for a minute or two and do some eye relaxation exercises." He also finds that recording what his lecturer has said through a voice recorder helps his memory issues and requires

less reading. Harry also found TAFE to be flexible with his circumstances—when he could not attend physically, he was able to follow the program online, and lecturers were great at adapting dates for himself and other students that needed it. So, what does Harry say to others in a similar situation to himself? "Well, to be honest, you can do anything and get anywhere with a bit of positivity and support. You need to find what you want to do and plan a pathway to get you there with the help of those who know and love you. There is always support somewhere, you just have to find and earn it. When you find where you can get that support, you show them who you are and what you are made of. Look at me. Years ago, I was told I had cancer. I fought, I looked for help throughout life. I survived the first fight, then more came from the same evil. I fought harder and even when I was told the fight was lost and even when I had given up, my support was there. They got me back on my feet. I searched for more help and got it. Another battle fought and won, and I'm still here."

Harry highly recommends BIZLINK to anyone suffering from a disability. They also found ways for him cope with his disabilities in the workplace by providing visual aids and mental coping mechanisms to help with memory and stress when searching for work. "BIZLINK provided quality service(s) the moment I enrolled for their service; they have kind and very helpful staff who assisted me in acquiring my job at Target and I hope that in the possibility of me searching for employment in the future, I can use them again."

# Cosharing: CREATE & COLLABORATE

Why co-sharing spaces are the best thing to have happened to the workplace

## WHAT IS IT?

You may or may not have heard of cosharing (commonly known as coworking) spaces. They are relatively new to the workplace; however, they are currently popping up everywhere at a rapid pace. It is difficult to define a co-sharing space concisely—there are so many elements to them! Simplistically, a co-sharing space is a place where entrepreneurs, freelancers and small-business owners can work to avoid the isolation that normally comes with such a profession. They give you the opportunity to work independently at a solo desk, at a large group table, in a private office or in a meeting room. People from all kinds of industries can end up working in the one co-sharing space and range from individuals to small teams of people.

## HOW DOES IT WORK?

There are heaps of options available in cosharing offices. Take the ever-growing space, The Collaborative Factory in Rockingham, Western Australia, for example. You can book a hot desk, which, for one day, gives you your own desk to work at, with access to free wi-fi and tea and coffee. This is great for people who work from home or from a much more boring office and would like a change of scene. Other packages include 12 months at an independent desk, or 12 months in a private office.

## WHAT ARE THE BENEFITS?

Studies have shown that employees who belong to cosharing spaces reported higher degrees of thriving than employees who did not, and this could be for a few reasons.

1. In a cosharing space, you will most likely be working alongside people from all different industries, so you will never be short of resources. For example, if you are a writer who needs some photos of an interviewee taken, just ask the photographer two desks down! And people will do the same to you too, allowing you to expand your connections, whilst also giving you a sense of satisfaction from being able to help others out.
2. In a cosharing space, whether you are working independently or in a small team, you are able to set your own hours. This is super ideal for parents or people who work multiple jobs.
3. How we feel changes from day to day, and consequently, so does how we want to work. One day, you might want nothing but peace and quiet, but other days, you might feel like working collaboratively. A cosharing space gives you the option of both—you can book a small office or meeting room, or one of multiple hot desks which are normally in the centre of the office.

*So, if you're an entrepreneur, small business owner or freelancer who struggles with working from home or a lame, traditional office, find your local cosharing space and hit them up. I can almost guarantee you'll see a massive difference not only in the way you work, but your wellbeing too!*

Need Office or Desk Space south of Perth?



enquiries@thelabfactory.com.au  
www.thelabfactory.com.au

*We spoke to Victoria, a creative writer and copywriter at Parklife - a digital marketing agency that uses The Lab Factory space - to get her thoughts on cosharing.*

**Had you worked in a cosharing space before you worked in the Lab Factory? If not, what was your first impression of the place?**

No, I hadn't worked in a cosharing space before I worked in the Lab Factory. When I first arrived, I thought it looked funky and creative with its pop of colours, especially orange. Everyone seemed fun, friendly and professional, and I knew it would be an awesome place to grow my network as well.

**What do you find is the biggest difference between a cosharing space and a regular office/workplace?**

I find working in a cosharing space brings a lot of freedom when compared to a regular workplace. In a cosharing space, you're surrounded by other like-minded individuals whom, respective of their industry, want to grow their business. I find that in a cosharing space, people are more open and are willing to bounce ideas back and forth. Since the Lab Factory is made up of businesses and business owners, it's easy to share experiences, tips and recommendations on running your own business etc.

**What do you enjoy the most about working in a cosharing environment? What are some of the benefits you have noticed?**

I've enjoyed working alongside different businesses. Some of them have been financial planners, law firms, and insurance brokers. You don't get that working in a regular office. By working closely with other businesses, I've been able to grow my network and learn about different industries.

**Is there anything you dislike? If so, how do you overcome it?**

Yes. Sometimes there's no privacy. We work at shared desks most of the time and I wish I had my own office where I could lock the door and not get interrupted. Sometimes, people just don't get the hint (lol) and might walk into an office without knocking or will talk to you for ages. And there's always food and drinks in the Lab Factory so my waist line has suffered!

How have I overcome it? Dealing with the lack of privacy is a work in progress. I'm happy that I'm at a little boxed-in space at the corner. That usually gets people to leave me alone...or I put on my headphones. I try not to eat as many treats and I've joined the gym to keep fit and healthy!

**Do you prefer working in a cosharing space rather than a traditional workplace?**

To be honest, I'd say I'm somewhere between working alone and working in a cosharing space. When I work alone, I'm more productive. Working in a cosharing space can be incredibly distracting, and I work best when I'm closed off from people. However, working alone can get lonely at times, and working in a cosharing space helps me to get out of that bubble. Also, working in a cosharing space enables me to bounce off my ideas with other people. I can't do that when I work alone.

**Would you recommend trying a cosharing space to others?**

Yes, I'd recommend it. It's a different way of working and can revolutionise the way you work. It's also great for building up confidence, especially if you struggle with networking.

Cosharing spaces can also help you get new clients for your business. Working at the Lab Factory was instrumental in me landing my first freelance writing client.

# Etiquette of an Intern



A few years later upon completion of a Bachelor of Art in Communication Design, I was on the hunt for my first junior position. Unfortunately at this point, where I had undertaken my internship hadn't fared well in the downturn of the local economy and positions outside of London for a country bumpkin, such as myself, were sparse.

I engaged the help of a local job agency to source me interviews, which turned out to be my saviour. One particular role that caught my eye accepted me for interview. The job had a great description however the agency wouldn't disclose the company at the time until the company accepted me for interview, something to this day I never understood. However, there I was two days later, walking up to the doors to Carte Blanche Greetings in Chichester, an international greeting card and giftware company.

Now to some this would be amazing, for me not so much... Why? Because I had promised to my older sister that I wouldn't apply for a job there, as she was already an in-house designer. Needless to say, as I was escorted through the design studio housing twenty plus creatives, all eyes were on me because she had alerted the team to my arrival. Talk about feeling like a fish in a bowl.

Yet as I sat in the Art Studio Manager's office, I was all of a sudden, made to feel at ease with the realisation of who was sitting across from me. There was Helen, a curly-haired, cheery-voiced character who had been introduced to me years before at AWP Advertising during my internship. Her career had brought her across town to manage the design department at CBG, where she had later employed my sister. At this point I was thankful she recognised me as one of the AWP interns. Out of respect, she asked my sister whether having me as part of the team would cause any upset, yet my sister only encouraged the offer, as she knew the opportunities it would bring me. And so I was employed, my first step on the path to my dream of understanding the world of design.

"I believe fate is choices - it's not chance."

- Wayne Newton

The moral is, treat your internship as though it is the stepping stone to your dream job, as one day you may find it was. I credit Helen for believing in me, for nurturing my career and for her leadership ability that built a team I still miss to this day. It was a subliminal turning point in my journey to becoming a better designer. That team makes me strive every day to create the design agency that I am currently continuing to build, based on the encouragement and respect shown to me as a CBG junior. Fifteen years later my journey has found me in Western Australia running my own award-winning design agency, Parklife Group Pty Ltd with my sister as my employee.

"The surest way to make your dreams come true is to live them."

- Roy T. Bennett

*This book is dedicated to all those who have joined me on my journey, in every position I have held. You have all helped direct my path, but most importantly my family, CBG and Parklife crew, thank you!*



My book 'Etiquette of an Intern' was inspired by a desire to encourage youth to be driven and motivated in their quest for career success. It is designed to act as a support tool, to help guide and nurture an intern through the daunting journey of entering the workforce.

- Kate Stagg

My journey started when I was a shy creative teenager, desperate to break into the world of animation. Understanding my small hometown of Bognor Regis had limited resources when it came to nurturing my "Pixar" dream, I turned to a local advertising design agency to offer me my first glimpse of a design studio. Unlike some of my sixteen-year-old friends, I wasn't willing to waste my internship tidying a cupboard in an accountancy firm, just to miss out on classroom attendance. Looking back now, I realise I had a type of personality that although shy, was determined and driven. I didn't once undertake the help of my parents in securing my internship, other than to drive me to deliver the resumes that I had painstakingly prepared, with my rough knowledge of Word. It wasn't a matter of my parents not wanting to help, they had just instilled in us that if we wanted something, we were to go get it!

"If you don't ask, you don't get."

- Stevie Wonder

**KATE** *Marie* Stagg  
Product development coach

My parents still to this day act upon their nature to jump onto an idea that excites them, knowing it would be a great decision for the family. This type of go-getting attitude rubbed off on me the older I got. I remember clearly getting ready on my first day, simple attire consisting of black and white, feeling incredibly nervous. I can still remember the smell of the office as I walked up the carpeted stairs, totally petrified of what to expect. I was incredibly thankful to be greeted by a very welcoming middle-aged team, who were patient and passionate about sharing their craft. I was given an in-depth tour of the premise whilst being introduced to members of the team, with an introduction to their specific skillsets. It was clear they understood the need to support the next generation of designers, which meant sharing an open mindset, engaging and encouraging those less skilled, but no less passionate.

My few weeks at AWP Advertising saw me undertake a live project designing a tourism flyer for the City of Chichester, a local town housing one of the most beautiful cathedrals in Sussex. Looking back now, what I thought was a masterpiece was no doubt reworked by one of the in-house talented designers. However, they let me work on the project from start to finish, they guided me and encouraged me throughout the whole project letting me believe what I had created was worthy of praise. Little did they know they shaped the outlook of my career path and within a few months I was enrolled at college studying Graphic Design with a vision of one day running my own design studio.





(Placeholder image)

# Leeanne's Story

**When it seemed like life just kept throwing the worst at Leeanne Armstrong, the single mum only worked harder.**

Leeanne, then 22, had been working as a full-time claims officer for an insurance broking company in the city. Things were going smoothly, then came the news of a baby on the way. It was a shock, but with the saying 'everything happens for a reason' in mind, Leeanne decided to go through with the pregnancy. Once her gorgeous daughter was born, the road started to get bumpy.

Shortly after giving birth, my marriage fell apart and I found myself as a single mum. My soon-to-be ex-husband worked in the American Navy, therefore I had very little emotional, physical and financial support." Being a new mother is overwhelming at the best of times, but Leeanne was having to support herself and her child on her own, and start from scratch with employment, housing and childcare arrangements. She decided to try and get back into the workplace, despite feeling mentally drained.

A study by FlexCareers reported a shocking fifty-two per cent of Australian mums claimed they had faced

discrimination in the workplace. So, I asked Leeanne if she felt she had encountered anything herself when it came to being a young mum in the workplace, or getting hired.

"When I was pregnant, I did encounter a bit of discrimination, especially when I needed time to attend medical appointments. I felt as though they had no flexibility and little understanding of my personal circumstances." To avoid discrimination when job-searching post-pregnancy, Leeanne did not disclose that she was a mother—on her resume or during an interview, if it didn't come up—so it didn't impact her opportunities.

"I feel as though employers need to hire based on abilities and skills, not statuses. I definitely agree that there is a stigma around single mothers and their working performance or reliability as an employee."

However, Leeanne did find a job as a broker's assistant. She then completed studies which saw her become a fully qualified, full-time insurance broker.

Having had so much on her plate, Leeanne credits her friends and workplace for the

support ~~in~~ time when she was working studying and raising her daughter. She felt tired and emotionally unstable and would wake up at 5:00 am every morning to head into the city after having her baby waking up throughout the night. But the people around her helped her get through it, because she was honest with them.

"I think when you open up about the struggles you're going through, you will find that people are actually happy to help you and be there for you. People can't help you get through something they know nothing about."

"It's important for young women to reach out and ask for help when they need it, and not be ashamed when they aren't coping." Things were looking up, and Leeanne had an awesome support network surrounding her.

Then, disaster struck. "In my first year as a broker, my best friend passed away from a genetic disorder which was diagnosed following her death."

"Dealing with my grief, raising a toddler and working full-

“Be thankful for the precious moments in life and always believe in yourself and all that you are. You were born for this!”

IMAGE

time, I needed to cope with my emotions, which is when I began writing. I was so motivated to make a change in someone else's life, so I wrote about the only subject people like myself could relate to—single motherhood and heartbreak."

Leeanne found writing to be a great way to deal with and understand her grief. Her friend she lost was her only friend who was also a single mum, so she also lost a huge support system.

"I like to think I was subconsciously writing to myself and what I needed to hear, or what I think that she would tell me. Writing is a wonderful form of self-assessment and by putting your thoughts onto paper, I understand ourselves

a lot more."

However, her writing turned into something more than just personal outlet. Leeanne felt motivated to make a change in as many other people's lives as possible. So, she wrote a book.

"I wrote about the only subject people like myself could relate to—single motherhood and heartbreak. Single, Young and More Than a Mum was published in early 2018. It's a book written to inspire and motivate young mothers to give them courage to take control of their own lives. It's about guiding and empowering women to create a lifestyle they dreamed of having and being independent without a significant other."

This year, on top of releasing

Rockingham昆士蘭 Chamber of Commerce Young Business Person of the Year, and her goal is to make a difference in the way young women see themselves and elevate their life perspective.

To people in a similar situation to herself, Leeanne has this piece of advice: "Never give up and have gratitude. Life is very short and unfortunately can be taken from us at any moment. Be thankful for the precious moments in life and always believe in yourself and all that you are. You were born for this!"

...finalist for the

# Amazing APPS



**Class timetable**  
(Ice Media Creative)  
★★★★★  
Feeling overwhelmed with your school or university timetable? This app makes your timetable easy to read and access, as well as helping you keep track of homework.  
Keywords: Education  
Timetable



**Clementine**  
(Lewis & Palmer Ltd.)  
★★★★★  
An app specifically for women who struggle with anxiety, stress or low self-esteem. Featured in The Guardian and the Telegraph.  
Keywords: Health & Fitness  
Mental health



**Curiosity**  
(Beacon Solutions, Inc.)  
★★★★★  
Learn something new every day with interesting facts and quizzes and test your skills with puzzles.  
Keywords: Education  
Facts  
Quizzes & Puzzles



**Daylio**  
(Relaxio s.r.o.)  
★★★★★  
If writing in a journal isn't for you, this app is. You can select your daily moods and activities, but also have the option to write notes—old school.  
Keywords: Lifestyle  
Journal/diary  
Moods



**Fancy Units**  
(Ievgenii Lebid)  
★★★★★  
How many times have you had to google money and measurement conversions? Well, no more! This app does it all for you.  
Keywords: Utilities  
Converter



**Flora: Focus & Study in Forest**  
(AppFina Inc.)  
★★★★★  
Does your phone keep distracting you? Open this app to start growing a tree. If you exit the app, the tree will be killed! See how big you can make your forest. You can also see your friend's results!  
Keywords: Productivity  
Motivation



**Happy Color**  
(X-Flow)  
★★★★★  
Relax your mind and create beautiful art simultaneously. Throw it back to your childhood and colour by num ber!  
Keywords: Games  
Art



**Happy Glass**  
(Lion Studios)  
★★★★★  
If your brain is in need of a zone-out, try this app. Draw lines to fill the empty, sad glass with water to make it happy again!  
Keywords: Games  
Entertainment



**Headspace**  
(Headspace Inc.)  
★★★★★  
Guided meditations will help you restore calm, focus, wellness and balance.  
Keywords: Health & Fitness  
Mental health  
Meditation



**LinkedIn Job Search**  
(LinkedIn Corporation)  
★★★★★  
Have all the tools you need to find the perfect job for you in one, simple app. You can also be notified when job positions you've chosen become available.  
Keywords: Business  
Employment  
Jobs



**Lumosity**  
(Lumos Labs, Inc.)  
★★★★★  
Keep your brain fit in the most enjoyable way, with games that test and train your memory, attention, speed, and more.  
Keywords: Education  
Games  
Training



**Sketch**  
(Sony Mobile Communications AB)  
★★★★★  
Whether you're an artist or not, Sketch allows you to use tools that will have you drawing like a professional in no time!  
Keywords: Entertainment  
Art



**Moodpath**  
(MoodPath LLC)  
★★★★★  
If you find yourself feeling a bit off, this app will help you determine if there's something more going on.  
Keywords: Medical  
Mental health



**Motivate Me**  
(Fabulous)  
★★★★★  
This app will help you reach daily and long-term goals, by making it fun and keeping you accountable.  
Keywords: Health & Fitness  
Habits  
Productivity



**Pinterest**  
(Pinterest)  
★★★★★  
Need inspiration? A quick scroll through Pinterest, and you're sure to find something to get the creative juices flowing again.  
Keywords: Social networking  
Art  
Inspiration



**Quizlet**  
(Quizlet Inc)  
★★★★★  
Create your own flashcards or use those created by others and enter learn mode to help yourself prepare for tests or exams.  
Keywords: Education  
Flashcards

## Life HACKS

These small changes can make a massive difference to your lifestyle

### Productivity time

Figure out when you are most productive (when you feel energised and ready to work), and schedule time to work on your most important stuff then. Hopefully this isn't at one o'clock in the morning.

### Go to sleep and wake up at the same time each day

This will get your body into a routine, allowing you have a deeper sleep and feel more refreshed when you wake up.

### Goal set and make to-do lists

Don't leave your chores and assignments floating up in your brain! Write them down and prioritise them, to get as much done as possible. (Uh, hello, there was a whole article on this.)

### Exercise

And I'm not talking about some crazy, intense circuits. Going for just a thirty-minute walk will help clear your head and keep you fit.

### Charge devices overnight

This way, everything will be fully charged for the next day. Set a reminder to go off just before your bedtime each day with a note to plug in your devices, so you don't forget.

### Make your food the night before

If you have a full day where you will be out of the house for lunch, where possible, make your food the night before. This will give you more time to get ready, and maybe even a little extra sleep. You'll also save money by not having to purchase anything!

### Schedule free time

Are you finding yourself running out of me-time? Chances are, you haven't scheduled specific time for it. Time to yourself, to do what you want, is so important for your mental health. If you do this, you'll find other areas of your life improve too.

### Study tunes

YouTube, Spotify and Apple Music all have study playlists to help you stay focused. There's nothing like a bit of classical music to get the juices flowing!

### The cold cure

Feel yourself coming down with a cold or flu? If you can't get to the pharmacy or doctor anytime soon, try the age-old remedy of mixing one part of apple cider vinegar with five parts warm water, and adding 2-3 tablespoons of honey.

# Reflection



Overall, I found my internship at Parklife Group a very valuable experience. I enjoyed working with my fellow interns along side the Parklife ladies. I learned a lot about how a successful graphic design business is run. Efficiency and quality must be maintained at all times and I value this highly.

Kate and Louise were particularly helpful in guiding us all with the production of this magazine, offering advice and feedback on layout designs, graphic elements and patterns.

I really enjoyed working on the Get Set Go magazine for a number of reasons. Not least of all because it is aimed at an audience we interns are familiar with and are a part of. I have always liked designing for print, and being a part of this magazine seemed like the epitome of this. Also it gave me a chance to try my hand at doing something I had not done before, which led to trying techniques, designs and processes I was less familiar with.

This internship also helped me to develop my pattern design skills that I intend to further extend as I continue to proceed into my design career.



# Testimonial



29/10/18

To Whom it may concern,

I have recently had the pleasure of hosting Briar Dunnet as an intern at our Rockingham design studio for four months. Briar was mentored by myself, Kate Stagg and Senior Graphic Designer, Louise Dunn.

Briar undertook the project; *Get Set Go*, a brand-new magazine to inspire and encourage youth in their quest for career success. This project was a collaborative based assignment, which involved Briar working directly alongside my team and other students from Murdoch and Curtin University. She showed a strong desire to encourage and nurture those around her, that weren't necessarily as confident at working independently as she was.

She led the collective in establishing the structure and layout of the magazine, as well as using her unique print design and pattern skills to further enhance the publication. Her hands-on approach to her design skills is apparent and I would love to see her further her career within the print and pattern design industry.

She comes across as a quiet person, however, I wouldn't deter you from considering her for a role, as she showed determination and confidence once she was settled into her surroundings and obviously thinks deeply on projects at hand.

I wish her the very best of luck in her career and welcome those interested in hiring her, to contact me as her reference.

Regards,



**Kate Stagg | CEO**

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