

Courtney Smith

Medical Intern

HSC Year: 2007 **UAI/ATAR 98.15**

Training (eg TAFE, University etc):

- Current: Bachelor of Medicine/Bachelor of Surgery, University of New South Wales

Special Educational Achievements

- 2011 – Poster Presentation at the American Thoracic Society International Conference, Denver, Colorado, USA ('Developmental Follow-Up of Infants with Cleft Lip and/or Palate at High Risk of Sleep Disordered Breathing')
- 2011 – Thematic presentation at the Australasian Sleep Association Conference ('Sleep Down Under'), Sydney, NSW, Australia ('as above')

Jobs (at university and afterwards):

- 2012 – current - Sleep Study Screen technician for respiratory physician at Port Macquarie Base Hospital, Port Macquarie, NSW
- 2012 – Senior School tutor in Mathematics
- 2008 – 2010 (university holidays) – Pharmacy Assistant, Harrington Waters, NSW

What are you doing now?

I am currently undertaking my degree (as above) at the Port Macquarie Rural Clinical School where I will complete the latter half of my degree. I just completed the 5th of 6 years and am about to go on my medical elective where I will be spending a month each in Mozambique, Canada, and Indonesia. I will be working at medical clinics in Mozambique and Indonesia, whilst I will be spending 2 weeks in Haematology and 2 weeks in Neurology in the Hospital for Sick Kids in Toronto, Canada.

Relevant Experiences since leaving school (eg special achievements)

- 2012 – Volunteer for Year 7 High Achiever Mentor Program, Westport High School, Port Macquarie, NSW, Australia
- 2012 – Medical tent assistant for Ironman, Port Macquarie, NSW, Australia
- 2008 – 1st Female in Cross Country, New College, University of NSW

Interesting Experiences

I recently took time off uni to travel to Pemba, Mozambique as part of a Christian mission trip for 11 days. It was truly incredible and life-changing to say the least. I strongly recommend it if the opportunity ever arises; the vast array of technology that now interconnects the world could never replace travelling to such a place in person. To visit areas of such great need broadens your perspective immensely and causes you to realise, not only just how much you have, but also how little we truly need it. For me, it ignited a passion that has refreshed my drive to complete my degree that I did not have before. I think that no matter what you choose to do, passion is the fuel that will help you to not only to achieve, but also to push the boundaries of what has already been achieved before you.



Other comments /Memories from Chatham High Days:

My fondest memories of Chatham High are of Visual Arts in senior school. I enjoyed it so much I would often spend my lunch times in the clay or computer rooms fiddling with different pieces. I must say that I loved all of my subjects, but art gave me a freedom to express myself in a way that was not facilitated by any other means, and I had an amazing teacher who only served to promote and encourage the intrinsically unique nature of that creative expression.

Tips for our students (please feel free to give some advice based on your experience):

- **Whilst completing HSC (eg how to gain the desired UAI)...** have a balanced lifestyle! It is so important! For me, I had church, youth band, worship band, bible study, youth group, and sport. Whilst they took up a significant portion of my time, they allowed me to keep everything in perspective and motivated me to use the time that I did have for study as effectively as I could. I also found that using the study periods that I had during school time, helped me to free up more time for the aforementioned activities after school.

Furthermore, do not neglect your health! It helps so much...trust me! Even now, I continue to eat healthily and run every day because it helps me to clear my mind, concentrate better and generally just feel good! Whatever it is that you like to do...run, dance, play sport, walk along the beach, I strongly encourage you to take the extra time. You will never regret it!

- **Going to University (eg living away from home tips, university life)** The application processes for both my degree and college (on-campus accommodation) required an interview. In both processes, the focus was upon accepting applicants who not only achieved academically, but who were well-rounded with achievements in multiple domains of their life. It is the 'other things' that not only help to shape you as a unique individual, but also teach you to interact with people of different ages and groups that will help you become more successful at whatever occupation you choose!

I found living on-campus in New College to be an amazing experience. It is definitely a place where everyone's gifts are uniquely celebrated and provides an avenue for you to develop those giftings. Not only this, it is a great way to meet people and there is always some crazy fun happenings!

A lot of the on-campus accommodation has a drinking culture that is central to the 'college lifestyle'. I would strongly recommend that if you were considering the prospect of living in one of these colleges, that you would be intentional in deciding what you want to get out of living on-campus before going, otherwise you could find yourself wrapped up in this lifestyle without realising how you even got there.

- **Getting a job (during and after university)**

I went to uni straight after high school as I wanted to get started on my degree, therefore I never had the assistance of Centrelink to support me until I turned 22 this year. This was particularly difficult for my parents who largely and generously supported me throughout this time. Nevertheless, working in the university holidays was helpful, especially in the earlier portions of my degree where my holidays were particularly long. Additionally, casual jobs such as babysitting and tutoring provide extra cash that is really helpful and does not significantly impact your time required for study.