

# Dominique Faugeras

## Exercise Science Graduate

HSC Year: 2004    ATAR: 86.6



### Training (eg TAFE, University etc)

- Bachelor of Exercise Science 2011

### Special Educational Achievements (eg University medal, honours etc)

- 2010 Top 5% of Students

### Jobs

- Dental Assistant
- Bar work at various places whilst at uni

### What are you doing now?

I have just finished my degree in Exercise Science and Graduate next week. I had a lot of hiccups on the way and had to defer a few times. I also studied Dentistry for a while before going back to Exercise Science. I plan to do the graduate diploma in teaching- secondary next year and travel some more.

### Relevant Experiences since leaving school

I made it into the top 5% of students, which felt like a big achievement for me as I put in a lot of effort at university. Although I did not continue with dentistry it was also a big achievement to get through the application process. I have also learnt to speak Spanish in the meantime and learning another language is something I have always wanted to do.

### Interesting Experiences

In between university I have travelled to the United States a few times, Fiji, Canada, South America several times, and Cuba and I definitely think it is an amazing thing to do either before, during university holidays or after graduating. It has opened up my eyes to many different things and is an invaluable experience. I am now planning another trip to China, Egypt and through Europe. Also perhaps not interesting but maybe relevant in motivating students not to give up is that I was involved in a car accident in the first year of uni. It was a very challenging time and there were many days that I wanted to drop out of uni because it felt like it was too hard at the time. It was difficult and it does feel too overwhelming at times but it is worth it in the end.

### Other comments /Memories from Chatham High Days

I absolutely loved going to school and sometimes I wish I were still back there. As clichéd as it sounds, when your parents say that school is the best years of your life, they are telling the truth. All the teachers are always willing to help and they want you to succeed. I think

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Chatham High is a great school with great teaching staff. I especially remember business week, which was really fun having to design a product with a group of peers. The athletics carnivals and cross-country days were always fun to be able to dress in your house colours. Fridays were a highlight where we had sports days. There are a stack of good memories that I could write an essay about so I will have to leave that here.

### Tips for our students

#### *Whilst completing HSC*

- Utilise your teachers, as much as you think they are against you, they are there to help. Parties can wait, I know that you think that they can't but trust me, there will be enough opportunity to do that when you finish school. Study with friends for the subjects that you can, it really helps to utilise the knowledge of other peers. Make sleep a priority because if this fails everything else will fail. Sometimes you need to push yourself to study, especially when you really want to be with friends, and you need to sacrifice doing some things, however in saying this it is still important to schedule some social time to clear your mind. The time it takes to do your HSC may seem like forever, but in the grand scheme of life, it is really not long, so persevere, stay motivated and put in the effort for the short time that you need to.

#### *Going to University*

- University requires different time management. Get organised before the semester even starts. Write all assessment due dates on a calendar for the entire semester and keep on top of things from day one. Do weekly summaries of the content. As much as you possibly can, attend all classes, lectures, laboratories, workshops and tutorials, even if sometimes you do feel like slipping away to the uni bar. The most useful thing that I have done is record the lectures when I am there and use this to study once I get home, so I can listen to it again and take notes. You do not realise how much you actually miss what is being said whilst you are busy taking notes in class.
- If you are having trouble in a subject, see the lecturer EARLY!!!! They are not going to come to you first. In regards to living out of home, you really learn lessons in budgeting, I would write a budget every single week, having strict amounts for groceries, petrol, phone bills, and electricity. Try to pay bills off slowly if you do not have the lump sum and if you cannot pay a bill organise a payment plan with the company to avoid late fees.
- Procrastination can be our worst enemy during university when you really don't want to do that assignment or study for that exam but the best thing is to do things in the moment, because there are always going to be other demands such as working. Work as much as you can in the holidays to save money for the semester. I know that most students need to work, but try to keep this to a minimum during the semester as you are going to need to devote most of your time to uni. It can be financially hard sometimes but it is not worth failing a subject over.

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### *Getting a job*

Get to know your lecturers. They can often point you into right direction, introduce you to other contacts, or they often send out emails when there is job offers going. Volunteer for things relevant to your degree as this can open job opportunities during your study and may lead to long-term employment after graduation.