

Aimee McLeod

Dietitian and Nutritionist

HSC Year: 2005

ATAR: 92.15



Training

- Bachelor of Nutrition and Dietetics with First Class Honours, completed 2011

Special Educational Achievements

- Graduating with First Class Honours
- Writing a research manuscript

Jobs

- I didn't work while at university, but I started work as a Research Assistant just before final exams and am continuing that work now (see below)

What are you doing now?

- I am now an Accredited Practicing Dietitian and Accredited Nutritionist
- Working part-time as a Research Assistant in the Priority Research Centre for Nutrition and Physical Activity at the University of Newcastle. I am project manager for a systematic review of evidence for nuts and cardiovascular disease and weight, and also assisting in research into weight loss after child birth at the Hunter Medical Research Institute at John Hunter Hospital. I have also just started running a study with families in Newcastle, measuring portion sizes of foods
- I am also applying for jobs as a dietitian in hospital or community settings, hoping to fit that in around my research work and my 20 month old son.

Interesting Experiences

- Working as a mentor to new university students, helping them to adjust to uni life. It's really good to volunteer your time to help out other new students!

Memories from Chatham High Days

- My time at Chatham High was great and I made many life-long friends. My best memory is being made captain of the cricket team. But high school is only the beginning and if you don't feel like you are set to achieve academically, getting a good HSC result isn't the only way, although it is the easiest.

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Tips for our students

Whilst completing HSC (eg how to gain the desired UAI)

- It will seem like studying and exams are the bane of your existence but gaining a good UAI (now ATAR) makes life a lot easier once you have left school. It makes it easier to gain entry into tertiary education and other courses and also helps with applications into careers like the Defence Force or Police. Choose subjects which are relevant to your area of interest but don't avoid subjects because you think they are too hard. Choosing harder subjects will mean a bit more work and study but it will give you a much better chance of achieving your goal UAI, even if you struggle a bit. It is also helpful as you will often need to study more advanced courses at university so if you have the basics from high school it makes starting uni a lot easier.

Going to University (eg living away from home tips, university life):

- Be prepared to move a lot and if you don't have someone to move in with don't worry, you will meet some great people to share accommodation with and make life-long friends. Try to keep a balance with uni work and life, enjoy the experience and get out and socialise. But remember, even if you don't pay your fees upfront, you still have to pay your HECS-HELP debt back eventually, so make the most of your study time so you don't have to repeat courses!

Getting a job (during and after university)

- If you can manage working while at uni then go for it, but try not to let work take over studying as this will lead to you performing poorly in courses and you may end up having to repeat them which not only delays graduation but adds to your HECS-HELP debt. Try finding work on campus, there are often summer scholarship jobs or research assistant jobs. Ask your course co-ordinators and program conveners. This also looks fantastic on your resume and WILL give you an edge in job interviews as it's practical experience. Towards the end of your degree try to keep your work relevant to your career of choice if possible, this will keep your skills up and knowledge fresh for final exams.

Other Tips

- DON'T LEAVE STUDY/ASSIGNMENTS/HOMEWORK TO THE LAST MINUTE!!! Be organised and plan ahead for your deadlines. Cramming for exams and pulling all-nighters to finish assessments is not cool ☹️