

JESSICA GAY

PSYCHOLOGY (HONOURS), FEDERATION UNIVERSITY

Senior School Subjects

- Year 11: English, General Mathematics, Psychology, Japanese, VET Beauty Units 3 + 4 Early Advancement, Religion and Society Units 3 + 4 Advancement
- Year 12: Literature, Further Mathematics, Psychology, Japanese, Sociology



Why did you choose these subjects? I chose to do Psychology throughout Years 10, 11 and 12 as I knew this was a field I was interested in as a possible career path. I chose VET Beauty and Japanese as these were classes I enjoyed, and I chose to do Religion and Society as it meant I could do an Early Advancement in Year 11.

What resources did you use to choose subjects? Teachers, parents and friends who had already completed Year 12.

What was your course like? I completed undergraduate psychology at La Trobe University and my honours year at Federation University. Both courses were really enjoyable, however the honours course was certainly more skills based and seemed more relevant to everyday psychological practice.

What were some of the best parts of your course? Whilst studying at La Trobe University, I really enjoyed the opportunity to choose psychology electives, which focused on different areas of the field (developmental psychology, neuroscience, cognition etc.). When I was studying at Federation University, it was great to be able to learn some of the skills associated with psychology, including counselling skills and using and interpreting psychological assessments and tests. I found the course to be very well organised and the teachers very supportive, which helped me greatly in completing my thesis. Even now my thesis supervisor has been happy to provide ongoing support with publication.

How did your senior school subjects prepare you for your course? When I first began university, I realised how much my earlier studies in psychology helped me adjust. As I already had a basic understanding of the field, I was able to adjust to the faster pace of university learning, without worrying about falling behind.

What are you doing now in your graduate position? I am currently working within the Albury-Wodonga area in a position that is primarily intake and assessment. In my position I work with local families and children who are struggling and need assistance in linking with local support services.

On a daily basis I am required to meet with clients, assess their needs in an unbiased way, and attempt to meet their needs by referring them to support services that will benefit them and their children. I also work specifically with young mothers who are pregnant with their first child and may have come from a difficult childhood or situation, or just need support to care for their new child.

What do you enjoy about your job? I love the fast pace nature of my work and the friendly team, but most of all I love knowing that I am able to make a difference in the lives of local families, and that my work may impact positively upon children and alter the intergenerational cycles that often occur.

Course information: Bachelor of Psychological Science, La Trobe University, <http://bit.ly/1PHY7k2>