

# KATHERINE FLANAGAN

## APPLIED SCIENCE/PODIATRIC PRACTICE

### LA TROBE UNIVERSITY



#### Senior School Subjects

- Year 10: English, P.E. for Girls, Religion/CEDP, Mathematics: Pre Methods, VET Sports Coaching Units 1 + 2 Early Advancement.
- Year 11: English, Literature, Physical Education, Mathematical Methods, Chemistry, Religion.
- Year 12: English, Literature, Physical Education, Further Mathematics, Chemistry.

**Why did you choose these subjects?** I enjoyed studying these subjects and it just so happened that they corresponded with the prerequisites for my double degree. The teachers that taught these subjects also played a huge role as to why I picked certain subjects also.

**What resources did you use to choose subjects?** Having someone like Sandie at CCW really assisted with the navigation of the entire 'end of schooling' era. There is so much information out there; some information presented and easily accessible and other information, not so accessible. Apart from having someone who knows the VCE system like the inside of her coffee mug, I found the "Job Guide" a really fantastic resource that was easily understandable with endless options and just interesting to have a general look through. And of course, the greatest resource of all - asking other/older students who may have travelled down a similar path you could see yourself heading down also.

**What was your course like?** Intense. With the exception of the 1st year of study, a lot of content is squeezed into the remainder of the double degree. Podiatry itself is fascinating and has such a broad scope of practice, which allows for versatility once you graduate. The course that La Trobe offers is fantastic, with great professors and small class sizes. Throughout my time at La Trobe, I have made friends in which I couldn't imagine my life without. My degree has led me to both study and work internationally and has opened up so many pathways for me.

#### What were some of the highlights of your course?

- Exchange: If you get the chance, if you even get a glimmer of a chance, do it. It is without a doubt something you will never forget or regret. In many courses out there it also may not seem possible, however, there is always ways around this.
- La Trobe Community: Getting involved in such things as "Mentor Programs" or "Open Day" activities is a great way to network (which is basically how you find employment once you graduate) as well as it boosts your resume (significantly).
- Biomechanics: The relationship between podiatry and biomechanics is what interested me in podiatry originally. Throughout my degree there was a heavy focus on biomechanics, sporting injuries and surgery. All subjects that were super interesting and I had some amazing professors who are recognised internationally

**How did your senior school subjects prepare you for your course?** Extremely well. Definitely essential to complete Physical Education and in hindsight it would have been more useful to study Biology instead of Chemistry, however this never posed an issue.

### Where have you been working since graduating?

- After I graduated I was working with a lot of runners in a footwear and orthotic management setting. This job was gained through work experience that I completed throughout my time at university.
- I gained experience in general private practice in regional Victoria
- I am currently working in Northern Japan throughout the winter season focusing on ski/snow board boots adjustment, orthotics/footbeds for such activities and injury management

### What do you enjoy about your job?

- Versatility – there so many different avenues one can take from this degree.
- Improving someone's quality of life is very rewarding
- There are always improvements being made within the health field. It is amazing what can be achieved and how much progress is being made on a daily basis (only challenge is that you've always got to be up to date with it all).
- Ability to work internationally, especially with the sporting population. That is why I studied podiatry originally, having a very strong sporting background when I was growing up and it is wonderful to still be involved.

**Course information** - Bachelor of Applied Science/Master of Podiatric Practice, La Trobe University,  
<http://bit.ly/1P8ko9J>