

# What I wish I knew...

ADVICE FROM GRADUATES  
TO STUDENTS

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# At times it can be hard to imagine getting to, and then past graduation

To help you through your university days, we asked a few graduates (also known as alumni) what they wish they had known while studying.

Their advice ranges from study preparation, to socialising at university and how to get ahead in your studies and career.

Remember, whatever your journey through your studies, more than 90 000 CQUni graduates have been in similar situations – and through the CQUni alumni bond, they're willing to lend you a helping hand.

If you'd like more advice on how to find or get a job, career progression, or just want to chat to someone in your field, sign up to our online mentoring program – <https://cqu.firsthand.co> – where over 200 CQUni alumni are waiting to help you.

We wish you all the best in your studies, and hope you choose to leverage your alumni and their words of wisdom to make the most of your study experience.

Until we meet again (on the other side of graduation).

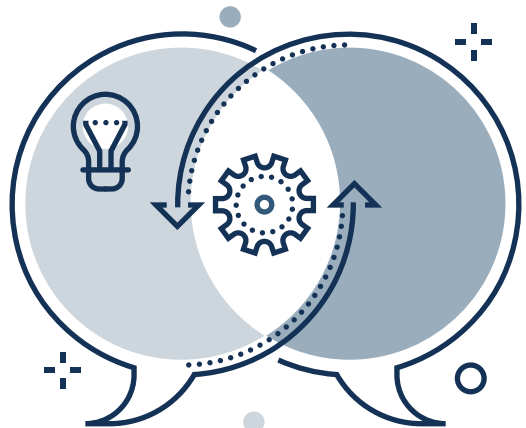
**Your Alumni Team**

*'Part way through my studies I became aware of a number of prominent engineers across Australia that had studied at CQUniversity. It reinforced to me that successful business leaders can, and are, grown from humble regional areas like Central Queensland, and I could be one of those. It is a work in progress but I am well under way!'*

**Chris Shields**

Bachelor of Engineering 2004

2013 CQUniversity Alumni Young Achiever



# Your Alumni experts



Karen Field (BN, 2016)



Blake Harvey (BEng(Co-op) 2005)  
2014 CQUniversity Alumni Young Achiever  
Manager (Network Strategy and Policy),  
Ergon Energy

*'Your university days are some of the most exciting and interesting days of your life. You will meet new people, encounter new ideas and will learn and develop both inside and outside your degree. My whole focus at uni was getting my degree, but it was actually the experiences I had between classes that probably shaped me more than the course itself.'*

**Blake**



Clare Bond (BPsych, 2014)  
Academic, CQUniversity Australia



Rumi Bhuiyan (BAcct, 2012)  
CEO & Managing Director, Six Bangla  
Communications Ltd

# Your Alumni experts



Dr John McGrath (BA(Hons), 2009)  
Associate Lecturer,  
School of Business and Law



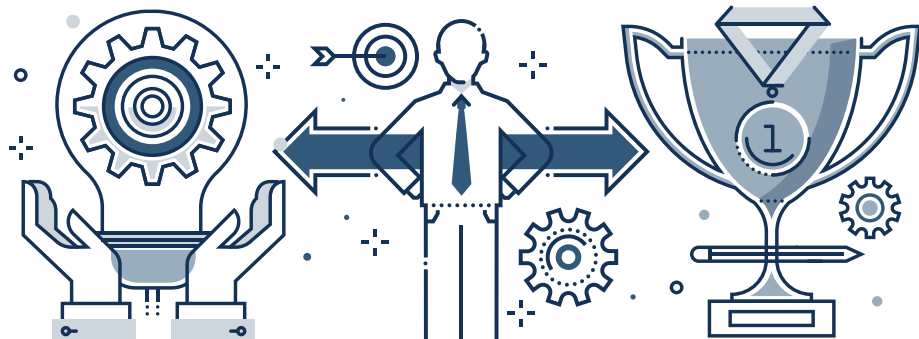
Danielle Kauschke (BN, 2014)  
Registered Nurse, Emergency Department,  
Mackay Base Hospital



Chris Shields (BEng(Co-op), 2004)  
2013 CQUniversity Alumni Young Achiever  
Manager, Calibre Consulting

*'I think perseverance, being focused and REALLY wanting to achieve kept me inspired. It has been a lifelong dream of mine to be a graduate and I didn't really believe it was possible (especially as a mature aged student with children and an already busy life). I took that big scary step inside those doors and it has honestly been one of the best decisions of my life!'*

Karen



# What do I need to know that I probably don't?

## VISIT THE ACADEMIC LEARNING CENTRE

It's a 'one-stop-shop' for information, advice and resources to assist you with many of the requirements of study at CQUniversity.

Visit [cqu.edu.au/alc](http://cqu.edu.au/alc).

## APPLY FOR A SCHOLARSHIP

There are hundreds of financial assistance programs available to students, funded by people who want to see you succeed, like alumni, professional organisations and companies that employ our graduates - so don't be afraid to seek them out.

Visit [cqu.edu.au/scholarships](http://cqu.edu.au/scholarships).

*'At the end of the day the exam that seems to be the end of the world during your degree is nothing more than a distant memory once you have been working for a few years and it pays to remind yourself of that occasionally.'*

Blake

*'A better appreciation of just how finite time is.'*

John





***‘Understand the importance of knowing who to contact and knowing the rules and guidelines. Make use of the Academic Learning Centre - use everything that is available to you and know your rights.’***

Clare

***‘I wish that I knew it would all work out in the end and to not worry so much! I enjoyed every aspect of my time at University and said yes to every opportunity but I always had that little seed of doubt throughout.’***

Karen

***‘The importance of networking with people! Good contacts are very important to career and life.’***

Rumi

***‘It’s OK to ask for help. One thing that I didn’t take much notice or advantage of during my studies was the amount of assistance available at CQUniversity, and the number of staff willing to help you succeed. Make the most of the available tools and support throughout your studies to reach your highest potential.’***

Chris

# Exam stress, peak study times and assignments: how do I survive?

## LOOKING FOR SUPPORT?

Students can access counselling, accessibility and student-student mentoring services.

Visit [cqu.edu.au/currentstudents](http://cqu.edu.au/currentstudents).

*'Be organized! And sleep! Don't be afraid to get a good nights' sleep, study will still be there in the morning and you will feel 100% better about your student life!'*

Danielle

*'Not missing even one tutorial pays off big-time at the time of the exam.'*

Rumi

*'Preparation is the key to success. To reduce the pressure at the end of the semester prepare throughout and be disciplined in your routine.'*

Blake

*'Anything that can go wrong will go wrong just before assignments or exams are taking place. Guaranteed! You just have to be prepared so that it isn't going to affect you.'*

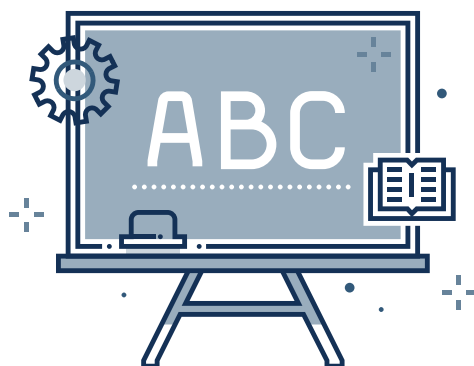
Clare

*'Break your study into bite-size chunks and attack each one methodically'*

Chris

*'Almost all of my tertiary study was through the distance education mode. This mode of study requires a high degree of self-discipline to be successful. It also necessitates a realistic outlook as far as how much time is available for study. Taking on too many units not only causes unnecessary stress but also negatively impacts on grades.'*

John



# What can I do now for success after graduation?

KEEP UP WITH STUDENT-SPECIFIC  
NEWS VIA FACEBOOK AND UCROO



<https://www.facebook.com/CQUniStudents>



<https://cquniversity.ucroo.com.au>

*'Build study networks,  
spend time with fellow  
students outside of  
university, it will help  
in times of stress and  
doubt to know that you  
are not alone.'*

Danielle

*'Getting to know my classmates  
and other students on a social level  
lead to me creating close, lifelong  
friendships and experiences.  
I am still in close contact.'*

Blake



*‘Definitely get involved (or remain involved) in whatever extra-curricular activities keep you motivated. Sometimes it is nice to have a ‘brain break’ playing a sport that you love, or catching up with friends or a community group that you are passionate about. A good work/play balance will yield the best results from your studies.’*

John

*‘I urge you to really appreciate and soak up everything that happens during your University journey-the good and the bad! There are days you are going to wonder if it’s all worth it-and it is! Hang on tight but remember to enjoy every minute of the ride-the highs and lows and the twists and turns because before you know it the ride is over!’*

Karen

*‘Don’t leave things to the last minute. If you need help ask for it.’*

Clare

# How do I get where I want to be?

## GET ADVICE, COACHING AND CAREER PREPARATION

Learn from experienced professionals in your industry: sign up for alumni-student mentoring.

Visit <https://cqu.firsthand.co>.

## LOOKING FOR CAREER INSPIRATION?

To find out where a CQUni degree could take you, take a look at our alumni profiles.

Visit [cqu.edu.au/our-alumni](https://cqu.edu.au/our-alumni).

*'In my first industry placement I had the privilege of working with some exceptional engineers who were experts in their field. They supported and mentored me and had a passion for teaching. It inspired me to become the best that I could be, to one day become an engineer like that. I now work at that same company and look after that same department and the 103 staff that work in it.'*

**Blake**



*‘Rise to the challenge: “At one point during my Honours year, my supervisor advised me that I was capable of better work. When I advised her that I was doing my best she advised me that I had more to give and that I had to dig deeper. She threw out a challenge and invited me to respond. Her faith in me was rewarded with me being awarded the University Medal.’*

John

*‘Try to build good contacts and if you can, get some volunteer/part time/casual work experience before you finish your study. It gives employers a good vibe and it’ll help you understand the learning in practice.’*

Rumi

*‘Contacts and relationships with local businesses through CQUniversity – then and now. I now work as manager of a local team of engineers, designers and drafters for a respected engineer I did some vacation work for in my last year of study – how the wheel turns...’*

Chris

*‘Strive to be the best you can be. I was on placement in my third year and witnessed a cardiac arrest of a young mother. The mother’s life was saved by skilled clinicians and ever since, I have strived to become the best I can be.’*

Danielle

# Anything else?

## CONSIDER AN INTERNATIONAL EXCHANGE

There is financial assistance available to support you to gain a cross-cultural experience, make friends and broaden your network.

Visit [cqu.edu.au/cquglobal-outbound](http://cqu.edu.au/cquglobal-outbound).

*'Don't wish it to be over. Yes study is hard but it is rewarding and it is getting you to where you want to be so enjoy it, stay focused and remember never be afraid to ask for help.'*

Danielle

*'My recommendation is to say YES! Say yes to the things that scare you as they are truly the things that teach you so much about yourself and to help you to grow!'*

Karen





*'Student life is the best time to prepare one-self for career and life; we should take it very seriously. It doesn't mean forget everything and just study but I'd say it's the best time to prepare yourself for your career ahead.'*

Rumi

*'Prepare all your veggies on a Sunday for the week. Have a menu for the week. Get into a routine. Because you will still be expected to do everything you did before you started studying. It's one less thing you have to worry about.'*

Clare

*'Seek experience far and wide – you will be better for.'*

Chris

*'Don't rush to where you think you should be, or what you think you should be doing. Have goals, but focus on developing yourself to be the best that you can be. The jobs and opportunities will flow from that and you might be surprised where your career takes you. Also, remember that life is about more than work, so try to enjoy the ride.'*

Blake

# Last word from Great Alumnus Des Pearson AO

*‘Wisdom is the right use of knowledge. To know is not to be wise. Many men know a great deal, and are all the greater fools for it. There is no fool so great a fool as a knowing fool. But to know how to use knowledge is to have wisdom.’*

John Spurgeon

This resource arms you with knowledge from past students, in the hope you will be equipped to use this knowledge wisely for your future success.

Contributions have been made from just a few of this University’s successful alumni, who once upon a time, were students just like you, on a knowledge seeking journey, filled with dreams and great hopes for their future.

I encourage you to heed this valuable advice from past students, and I also encourage you to consider your involvement in the Alumni Program when you graduate.

Studying at CQUniversity is in itself an important part of each student’s life journey, however, being an active part of the alumni cohort, offers the bonus of access to an established networking and reference resource to complement your formal studies and assist in furthering your career and life experience.

The old adage 'it is not what you know but who you know' has relevance here in a number of respects. While you study, the alumni cohort supports you through mentoring and networks, work-integrated-learning and internships, prizes and scholarships and strengthening your academic programs through real-world input and accreditation. When you graduate from CQUniversity, you become a member of the 90,000 strong alumni network.

This network not only celebrates and commemorates your studies, but is a gateway for you to network with fellow alumni, maintain ongoing engagement with the University, support future students success, and give back in many ways to make a difference in today's fast changing world.

An alumni connection can also offer a significant advantage in achieving success in business and professional endeavours.

I wish you success with your studies and hope as a future alumnus you, both for personal advantage and to 'give something back,' become a proud member of this network.

**Des Pearson (BBus, 1971)**

Officer of the Order of Australia

Career public servant and former Auditor-General of Western Australia and Victoria.

# Contact us

## Alumni Relations

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