



THE RECAP

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THE POWER OF
PASSION



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Presidents' Welcome

Dear Ladies,

We would like to congratulate you on completing your second trimester of 2021, and remaining resilient throughout these challenging times. Although strict lockdown and social distancing measures have caused significant disruptions to our daily lives, sometimes making it difficult to find inspiration or excitement in the things we do, it is important to remember the power of passion to uplift our spirits, even in the most difficult circumstances. As we enter our final stretch for the year under lockdown, we encourage everyone to stay motivated and engaged. Whether this be investing your extra time in hobbies, connecting with friends and family online, or checking in with the well-being of yourself and loved ones. By filling your life with the people and activities you are passionate about, you can break through the monotony and progress towards your goals.

As always, we are very passionate about our events. Over the course of this trimester, Capital W has ensured consistent engagement with our members whilst navigating the sudden transition from in-person to online events. Most notably, we were fortunate enough to hold our flagship event, **Annual Dinner**. This evening consisted of two rounds of networking over a main course and dessert with 200 in-person attendees just before the lockdown began. This was a momentous feat for our society, considering how the event could not be held in 2020. Our **BEYOND Mentoring Program** has also come to a close, with mentors and mentees collaborating in a case crack event and a final session to reflect on their experience. Other amazing events held include our Internship

Applications Workshop, Diversity in Finance (held in collaboration with UNIT), and Women in Consulting (with UCC).

As we stride forward into the final semester of our year, our team is excitedly planning for our Inter-Varsity Tech Literacy Series Grand Challenge (in collaboration with Women in AI) as well as our first Philanthropic event of 2021: Knitting with Love. Not only do these events reflect Capital W's values and uplift the women of today to become the leaders of tomorrow, they also reflect the passions of our internal team. We are constantly inspired seeing just how far passion can take individuals.

Capital W's final ReCap issue of 2021 explores the Power of Passion. Passion is a quality that is intrinsic within each individual and it bears the onus for us to discover what represents passion for us. This ReCap's sponsor and student articles explore how once we locate our own fascinations, we can harness them to propel and lift us up to reach our individual potentials. When reading through this edition, we also invite you to take some time to reflect on your own passions and how you can turn them into tangible change for yourself, loved ones as well as our greater community.

"Passion is energy. Feel the power that comes from focusing on what excites you."

- Oprah Winfrey

Love,

Karin Nishimuta-Jang and Michelle Wu
2021 Co-Presidents



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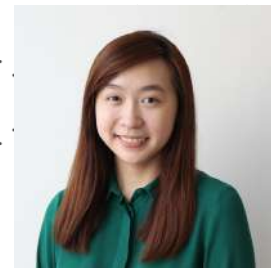
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TECH RECAP

By Keshmira Vijayan

Businesses are constantly adopting new technologies to increase efficiency, add value and adapt to a changing environment. Within the past year and a half, the covid-19 pandemic has pushed businesses to innovate like never before, facilitating the emergence of new technology trends across the commercial landscape. Let's take a look at a few of these technology trends.

The Internet of Behaviour

The Internet of Behaviour (IoB) refers to data collection that provides valuable insights into customer behaviours, interests and preferences. IoB aims to monitor and interpret data collected from user activity, specifically through a behavioural psychology perspective. In this way, IoB has the power to influence user behaviour through incentives or disincentives (Vector ITC, 2021). For example, in retail, radio frequency identification tags (RFID) and positional sensors are used to enforce compliance with social distancing in stores, a more efficient and cost-effective alternative to using staff to monitor store capacity. TAGnology, an Austrian company, helps stores comply with social distancing through a traffic light system. Here, before entering a store, customers receive a label to stick to their bag or clothes, which is then identified and tracked by the RFID technology in order to signal to customers when they can enter (Mekic, 2020). Further, IoB is also used in office buildings to measure body temperature before entrance.

Virtual Reality

Virtual reality (VR) is a simulated experience that can be similar or completely unlike the real world. Amidst lockdown and work from home, companies have been leveraging VR to keep employees connected. For example, during the onboarding process, new employees at a company must often undergo training for the job. VR training usually involves a headset and controllers, which employees use to move about in a 3D virtual setting and interact with simulated scenarios, environments, and other trainees or instructors (PixoVR, 2021). This technology is particularly useful in training for work that involves complex machinery, such as military, aerospace or automotive training. VR has also been proved to be more efficient than in-person training; a study by PwC found that employees enrolled in VR courses completed training up to four times faster than those enrolled in classroom courses, and were also more focused (Eckert, 2020).

Anywhere Operations

Anywhere operations is a business operating model which allows its products and services to be accessed and delivered anywhere, also enabling customers, employers and employees to operate from physically remote environments. Rather than prioritising a return to work plan, many companies are now developing anywhere operations models as part of their business strategy. This type of operating model is “digital first, remote first”; for example, banks that are mobile-only, handling transactions and account setups without the need for face-to-face interaction, or travel booking platforms which provide their booking services entirely online (Panetta, 2021). Anywhere operations models are underpinned by key features such as collaboration (videoconferencing tools & remote assistance tools), cloud infrastructure (project management & CRM for marketing) and secure remote access (VPN channels) (Gandzeichuk, 2020).

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accenture

Interview with
CLAIRE GUIVER
Business Strategy Consultant

What is something about Accenture that has inspired you?

I am inspired by the breadth of opportunities at Accenture that are there for the taking for the self-motivated. This lends itself to a team of incredibly intelligent, driven, and goal-oriented individuals, who also invest in you and want you to succeed. The culture in our team is great. We're a bunch of like-minded people. It doesn't matter if you're a managing director or an analyst, everyone is encouraged to have a point of view and challenge the thinking.

Do you have any advice for students who may not be passionate about their university degree?

In a profession like Strategy Consulting, transferrable skillsets are typically more important than the subject matter expertise gained from your university degree. Strategy Consulting brings together smart people from diverse educational backgrounds and perspectives to solve real-life, complex business problems. If everybody had the same educational background, we would not be able to create pioneering thought leadership, challenge the status quo/our client's thinking, and engage in creative problem-solving. Therefore, if you are no longer passionate about your university degree, I would recommend exploring the transferrable skills that you have gained from your degree, which you are passionate about, and work at finding work opportunities

7 to develop and apply those skills.

The theme of this publication is 'The Power of Passion'. How will you be applying this theme to your goals and daily routine this year?

Passion is something that drives both my professional and personal life. Professionally, my goal for this Financial Year is to surround myself with team leaders that inspire me in terms of their leadership style – as a business leader and people leader. I am also following my passion with respect to the clients and projects that intellectually stimulate me the most. Personally, I am a competitive horse rider, which forces me to have a relatively strict routine as my horse lives 1 hour away from the Sydney CBD where I live and work.

What do you love most or are passionate about in your field of work?

Outside of client work, I am passionate about Inclusion and Diversity. Historically, women are under-represented in Strategy Consulting. I am an active participant in our Women in Strategy working group to ensure we are making a step-change in our team to change this. I am particularly passionate about ensuring our women are equipped with the right skillsets to work towards their definition of success in our team. As part of this, I co-lead a program called 'Strategy Executive Coaching' where we bring inspiring female leaders from across the Accenture global network to run masterclasses on topics of leadership, e.g. personal branding, executive presence, overcoming imposter syndrome, aiming to connect our junior women with senior female mentors.



A day in the life of a Management Consultant

BAIN & COMPANY 

My name is Nina and I'm a 25 year old Management Consultant. I studied Law and Commerce, with First class Honours in Marketing and was awarded Bain and Company's True North Scholarship in 2015.

Why did you become a Management Consultant?

While I thoroughly enjoyed studying [some of my] legal subjects, I knew practicing corporate law wasn't for me – I am 'action-oriented' and have always sought a broader career in business, not limited to the law.

To me, management consulting sounded like the perfect industry for those who were ambitious, hard-working, creative and passionate yet had no idea what they wanted to be when they grew up.

I applied for consulting because it enabled me to develop and cultivate a diverse array of skills and capabilities that you can transfer to other industries and workplaces while gaining exposure to a range of different industries. Plus, I applied to Bain because the people were so passionate, genuine and down-to-earth!

What do you do as a Management Consultant?

Our work is client and project based and our office is primarily dependent on where our client is located (which could be interstate or overseas). The type of work we do reflects the toughest challenges the company is facing, meaning the work could be strategy (e.g., how do we increase market share or expand into a new market?), performance improvement (e.g., how do we reduce costs while increasing efficiency?) or customer advocacy (e.g., what initiatives can we implement to increase the number of customers who refer us to others? How do we measure it?).

In my time at Bain I have worked on a range of projects. These include: procurement for a logistics company (how do we "buy and sell" better); full potential strategy for a telco (where should we play and how do we win); marketing return on investment (ROI) for a telco (how do we optimize our marketing spend); due diligences on a currency trading platform and a Japanese phone insurer (should the private equity fund invest in/sell this asset).

Therefore, the work is incredibly diverse and for someone that gets bored easily, that's exactly what I love about it.

What else do you love about consulting?

1. Constant learning: the learning curve never ends because the work is never the same. The skills you develop range from building Excel models to how to present and speak in front of your client's CEO
2. The people: as your project changes your team changes meaning the [brilliant!] people you work with are constantly changing and you are learning something new from them every day

How do you think management consulting prepares you for your future career?

Due to the diversity of clients and projects, consulting provides you with real-world exposure to an array of workplaces and types of work - you learn what you do and don't like, and therefore what you may want to do in the future. Given you are helping CEOs solve their toughest challenges, consulting also equips you with the problem-solving abilities required to lead an organisation. These are transferrable skills that you will lean on throughout your career!

What are some of the opportunities you get at Bain?

The support that Bain provides not only enables you to succeed across all aspect of your career, but also ensures you have a great time in the process! Some of the opportunities include:

- Global training with your start class every 12-18 months: the most 'structured' fun you can have
- International case demand opportunities: complete a project overseas and get to go exploring in the process
- Externship opportunities: work at a different company for 6-12 months
- Social impact externships: work at a charity / NFP for 6-12 months
- Bain World Cup: a worldwide soccer tournament where you compete against other Bain offices globally

BANK OF AMERICA



Interview with **Eugenia Cao** Day in the life of a FICC Trading Analyst



Eugenia Cao joined Bank of America in 2021. She is an Analyst in the FICC Trading team, currently covering the Bonds trading desk in Australia.

How would you describe your daily routine and what tasks would you expect?

The team kicks off the day with a morning meeting, where we have rates research, trading and sales provide a brief overview of any sizeable client/trading flows as well as any substantial market movements that have happened in the last 24 hours. I then proceed to help the bond desk with repurchase agreements (repos), dealing with interbank counterparties until our positions are covered for the day. For the remainder of the day I am watching the bond market and also keeping an eye out for any client enquiries that come through, helping the desk with pricing, trade bookings and other tasks they require. Other tasks as side projects can include building spreadsheets for the team to make any manual calculations more convenient for everyone - finding ways to automate processes to make business more efficient.

When did you decide on this career path and how did you set about pursuing this goal?

I was actually inspired by a finance course I had encountered at university, where the lecturer had us try out a trading simulation during class. My background at university was finance/statistics, so a trading role particularly suited my appetite for the more quantitative side of the industry.

Since then, I've had an interest for financial markets and trading in particular and began looking for any internship roles that could help me get some firsthand experience. I was also actively applying for programmes at investment banks, just to get to know the structure of the businesses as a whole to see if there were any other opportunities of interest. Doing these things while still at uni can greatly help with building a bigger picture of how different sides of the bank come together to operate as a whole.

How important a role did an internship play in getting you where you are today?

While I have heard of people landing graduate roles in banking without an internship, I can't deny that my internship played a huge role for me personally.

As a clueless university student who knew little to nothing and just wanted to get some experience, my internship blew me away with what people in the financial markets do on a day-to-day basis. I was in awe of their intelligence and motivation and it pushed me to pursue that in myself. Having an internship also allowed me to make valuable friends and connections, some I still continue to keep in touch with over the years and it helps you expand your network with genuine relationships.

What advice would you give to any students considering a career in Finance or Bank of America?

My best advice to students would be to learn as much about the industry/role you are looking to pursue while you are still studying; this means that when you do join as a graduate you are excited, enthusiastic and ready to go. Being curious about current events in the financial industry would also help you to build those foundations and understand how everything is pieced together. At the end of the day we are all humans who have been in the same shoes - please reach out to people for a phone call or a coffee chat! Everyone is more than happy to help walk you through the same queries/concerns that we all once had.



Interview with... Financial Products Analyst

Shraddha Jeevan

What is your role at Bloomberg?

I work within the Analytics team at Bloomberg and we are responsible for helping clients leverage the power of the Bloomberg Terminal to improve their workflow. My team works with terminal users all over the world to solve their complex queries and host customized training for clients on terminal functionality.

The theme of this publication is 'The Power of Passion'. How will you be applying this theme to your goals and daily routine this year?

I am passionate about helping others and it is an integral part of my role at Bloomberg. Each day I get to work closely with clients to explore issues within their current workflow and offer solutions that can help optimize their workday. It is an incredibly rewarding feeling to collaborate with clients and help them achieve their goals.

In addition, I'm also involved in Bloomberg's volunteer program, the Best of Bloomberg (BOB), where we are given the opportunity to help others within our local communities. In the past year, I've done gardening at the Royal Botanic Gardens, cooked with OzHarvest and donated blood.

What is something about Bloomberg that has inspired you?

I am inspired by the collaborative and supportive nature of my team, not just locally but across the globe. It inspires me to work harder and build my skill set so that I can offer support and share my knowledge.

Have you overcome any self-limiting beliefs and how so?

Based on my experience, I have found that the best way to overcome self-limiting beliefs is by having candid conversations about them with people that I trust. Through these conversations, I'm able to challenge these doubts, recognize that they are not based on real evidence and move past it.

How do you find time to enjoy the things you are passionate about outside of work?

I try to plan my week in advance. Every Sunday evening, I set aside 5-10 minutes to map out the upcoming week and also make sure that I allocate time for my interests and hobbies.

What do you love most or are passionate about in your field of work?

I get the opportunity to learn something new every day. On a daily basis, I get to work with a wide range of individuals across the financial markets which allows me to gain insight into their workflow and collaborate with them to create a tailored solution.

INTERVIEW WITH

Lydia Brunton

CREDIT SUISSE

What is your role at Credit Suisse?

I work in the Securities Research team as a supporting Environment Social and Governance analyst. My responsibility is to cover a very broad range of themes from Climate Change and Decarbonisation to Modern Slavery as well as Tech Regulation, to name a few. I need to be on top of the most recent academic research and expert advice as well as how Australian companies are responding to different themes.

The theme of this publication is 'The Power of Passion'. How will you be applying this theme to your goals and daily routine this year?

I am fortunate to work in a role that allows me to explore my passions around Climate Change and Sustainability. My job allows me to research these themes, identify where investment opportunities and risks emerge, and communicate my views to the investment community.

How did you discover your passions?

How I discovered my passions is actually quite simple: curiosity. I continually investigate what I am curious about. As a kid and now, I always loved being outside, in nature, in awe of the beauty of the world. As a result, at high school, I loved science where you learn about the natural world, but I also quickly realized that I really enjoyed economics and learning about the man-made world. At university, I could not decide which path to explore, so I chose both where I ended up doing a double degree of Bachelor of Commerce/Bachelor of Science. It was at university where I studied multiple biology subjects about the effects of climate change on plants, animals, ecosystems, like the Great Barrier Reef, and the repercussions it has on society. I realized I wanted to shape my career to researching and advising on climate change mitigation.

What is something about Credit Suisse that has inspired you?

Working with my peers in the research team, I am inspired by the analysts' commitment and passion in covering their respective yet diverse sectors. The research analysts at CS are driven individuals who thrive in a fast-paced environment where every day there is new information, research and data to assimilate and report to our clients. It is this environment of constant learning and change which inspires me.



LYDIA BRUNTON

Credit Suisse Analyst

Do you have any advice for students who may be struggling to find their passion?

One of the best pieces of advice I have ever received was from my parents, two people who are extremely passionate about their careers. They said the key to a happy and successful life was to always do something that makes you want to JUMP out of bed in the morning. From their experiences, careers are very long, work days can be very long, but if you're passionate and driven by what you're working on, it puts everything else into perspective. So I used that advice to choose my university degrees and my subsequent career path. So my advice to students struggling to find their passion, would be to heed my parents advice. Think about what makes you want to get out of bed. For me, it's fighting climate change. Start with this question to work out what drives you and what are you curious about and the rest will fall into place.



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INTERVIEW WITH INVESTMENT BANKING ANALYST

SOPHIA CROKER



What experiences did you have or lessons did you learn that prepared you most for the work you are doing now?

I completed an internship at a fund manager before beginning my internships at J.P. Morgan. Whilst this first internship was to test the waters and see if I was interested in the buy-side, with hindsight I found that this experience armed me with greater knowledge of the Australian market and the ability to think like an investor. I also completed an investment banking competition whilst at university and this gave me good insight into the various inputs that go into making a pitch deck as well as the opportunity to improve my time management skills as I juggled my subjects, part-time work and the competition.

Why banking? Is there something about the industry you've entered into inimitable in other industries?

The pace and volume of the work that you complete is a major drawcard, as is working with people with similar interests and motivations. Ultimately, I was attracted to the opportunity to gain a deep understanding of businesses and assist clients in making impactful transactions.

What do you believe has set you apart from other candidates? What sort of person succeeds in your career?

Whilst hard skills used in interpreting data and conducting financial analysis are essential, it is equally important to be able to communicate effectively, manage your time and have good attention to detail. I believe that having strong commercial acumen is crucial and this can be developed by regularly reading the news and annual reports and listening to relevant podcasts so that you become better versed with industry structures and business models.

What does a day in the life look like for you?

A typical day starts with reading the news. If I am working on a live transaction, a large portion of my day will involve performing analysis on behalf of the client and conducting deal administration activities. We also prepare marketing materials where we pitch ideas to potential clients or provide them with an update on company and industry performance. This often involves collaboration with other teams in the investment bank, such as M&A or ECM, so I get to work with many different people throughout the day.

What is your favourite thing about your job?

Working in investment banking gives you a front row seat to learn from some of the industry's brightest minds, whether that be senior management at your firm, a client executive or the team around you. Having this exposure helps to frame your own thinking and I believe it is an extremely important component of development.



“I work in agricultural investment, bringing benefits to rural Australia.”

Catherine Priestley
Intern and Graduate | Macquarie Asset Management

Where will a career at Macquarie take you?

Read Catherine's story at macquarie.com/graduates

Interview with...

Samantha Dennis

Human Resources Advisor



What is your role at Nomura?

I am a Human Resources Advisor and I also manage the Australia Campus Recruitment for our Investment Banking and Global Markets division.

The theme of this publication is 'The Power of Passion'. How will you be applying this theme to your goals and daily routine this year?

Your theme ties in well with the seasons, spring is a time for action and change and harnessing the power of passion is what helps me visualise and create the changes I want to see this year. I have set up some goals for me to achieve and harnessing this energy is what is keeping me motivated each day.

What did you love most or are passionate about in your field of work?

My role is quite diverse but the campus recruitment portion is what I'm most passionate about. I love meeting and talking to students, helping them find the right role for them, especially when it can be overwhelming when there are so many choices available but no definitive path to start. I've helped launch many careers and have been there from the start. Guiding candidates during the internship processes, seeing them return as graduates and progress further in their careers. It is satisfying to know I helped give them that start and I can't wait to see how their future careers pan out.

What is something about Nomura that has inspired you?

I'm currently part of a project group that is a mix of colleagues from the different countries. It has been inspiring to hear their stories and different perspectives shows how we are all unique but we have a common goal in providing a great workplace. I am proud to be involved in these new initiatives we will be rolling out in the next few months.

Did your passion influence the career path you took? If so, how?

Yes, I've always had the desire to help people so my past roles have always been in a support role. I studied counselling and coaching and from there I moved into working in the recruitment industry and HR.

Do you have any advice for students who may be struggling to find their passion?

If you are struggling to find your passion, you may have this energy where you know you want something but don't know what "that" is and you're left feeling unsure about yourself. This is ok, it means you have that awareness and are ready to delve deeper. It just takes being asked questions that can give you greater insight to help find your purpose and passion. I definitely recommend you talk to someone such as a careers advisor or counsellor, life coach. You can also connect with me via LinkedIn and I'm more than happy to discuss things.

Interview with Tatia Rashid from Quantum

What is your role at Quantum?

I am an Executive Manager within the Product Analytics space and currently my role is leading the Technology and Data build for CommBank iQ, our joint venture with Commonwealth Bank. Within my role, I work cross functionally with engineers, delivery managers, analysts, and commercial consultants and wear multiple hats: product owner, analytics reviewer, and project/delivery manager. Outside my core role, I also lead Quantum's Women in STEM group and an active leader in our Analytics Community

What is something about Quantum that has inspired you?

Multiple things! First, Quantum is full of smart, but collaborative people. Being surrounded by people who are good at what they do motivates me to do better myself and to leverage the collective brainpower in the room. Second, Quantum is a highly fast paced environment. There is almost always a new challenge every single day, so no two days are the same. Lastly, Quantum encourages fluidity of hierarchies. What I mean by that is, for example, a grad can go directly to an Executive without the barriers of levels, and I think that openness and approachability is a very cool thing.

Have you overcome any self-limiting beliefs and how so?

It is not a self-limiting belief per se, but as a female who has been born and raised in a fairly conservative environment, I have always been taught to be polite. During the early days of my career, I always thought that my work will speak for itself and aggressively asking for what I want may not be the polite thing to do. I am still consciously working on this, but I am now more vocal on what I want and where I want to go. The probability of getting something if you are good at it and you asked for it is always going to be higher than just being good at it and leaving the rest to chance. You would rather act than be acted upon.



The theme of this publication is 'The Power of Passion'. How will you be applying this theme to your goals and daily routine this year?

Being passionate towards something is a powerful tool because it means you are inherently invested to spend more time and energy towards that thing. The way I apply this into my goals and daily routine is either of the two: I make sure I align my goals with my passion, or I find a way to inject my passion into my goals. For example, I am passionate about representation of women in leadership and that aligns perfectly with my goal of progressing my own career as a woman. Another example is my recent foray into running, which I was not a fan of but took up recently to keep active during lockdown. I have injected my passion of reading and learning new things by listening to podcasts or audiobooks during runs, and I found that I have enjoyed running immensely since then.

Do you have any advice for students who may be struggling to find their passion?

It is ok to try multiple things until you find something that clicks. This sounds cliché, but you will feel it when you have found your passion – you are excited to do it, you never tire spending time on it, and you will never shut up about it. If you are not sure what your passion is, ask your friends and people closest to you – chances are, they already know of it, and you just have not realised it yourself.

Fantastic Passions and Where to Find Them

BY JOANNE YU

Passion fuels desire, love, interest, and motivation. When studying at university, it may be difficult to navigate between all the different subjects, teachers, societies, competitions, and opportunities to find what you are truly passionate in. You might have hobbies or interests such as writing, cooking, Harry Potter (wink!), and gaming, but how to turn them into the drive to pursue a fruitful university experience? How to make the most of the resources UNSW offers? At first glance, it may be overwhelming. UNSW offers so much to all kinds of students – networking events, internships, volunteering, tutoring, and even chess or pole dancing clubs. There are so many activities and events going on each week that it would be impossible to attend them all.

Here are some tips to fuel your passion and achieve your best possible experience at UNSW:

BALANCE BETWEEN WORK/STUDY COMMITMENTS AND HOBBY COMMITMENTS

The good thing about having so many opportunities and resources for students at UNSW is that you can pick and choose what you're most interested in and passionate about.

For example, in UNSW Business School, there are societies for the majority of the Commerce majors so you can participate in initiatives hosted by the society that aligns most with your studies. If you're passionate about women in business, Capital W is the perfect society for you to join to broaden your network and meet like-minded students through both formal and informal events. On the other hand, if you don't want to join a society for mainly study and professional reasons, there's a large range of societies to help you pursue your passion in basketball, skiing, streetwear, knitting, and more. UNSW also offers enjoyable opportunities through volunteering, mental health awareness projects, and peer mentoring programs. Spend some time thinking about what you're passionate about and search for UNSW related societies and events related to it because chances are, it already exists! A good balance between work/study commitments and hobby commitments would assist in enriching your university experience.





LEARN ABOUT ALL THE STUDENT SUPPORT SERVICES AVAILABLE

The majority of degrees take around 3-5 years, and a lot can happen within these years. Perhaps one term you're hit with an unexpected illness, or you're struggling with one of your subjects. Sometimes you might find yourself losing passion for the degree you've chosen, or the student life in general. It's important to learn about all the student support services available at UNSW that can assist in helping you rebuild your passion and overcome any barriers you experience. Student Support Advisors are available for you to receive personalised advice and information about university life, student visas, wellbeing, academic performance, or if you need help but don't know where to go. Many UNSW Business School subjects have PASS classes for you to attend if you're finding course content too difficult. You can also book consultations with Academic Skills Support to develop your study and writing skills. The UNSW Psychology Clinic provides a broad range of clinical psychology services at low cost if you would like to see a psychologist. If you ever find yourself losing your passion, always know there are resources and support services available to assist you.

STEP OUT OF YOUR COMFORT ZONE AND BE OPEN-MINDED

Although this tip may sound a bit cliché, a very special thing about university is that the campus and student life is usually hard to come across again once you graduate. Throughout the years of your degree, fuel your passion by trying new things and signing up for events that you have not tried before. Who knows, you might end up finding your next passion! If networking with industry professionals intimates you, be determined and sign up to one or two networking events to gain that experience. If you've never attended a ball, attend a ball organised by a student society. If you would like to get to know more people, apply for societies when they open subcommittee and director applications. Passions evolve and change over time, always be open-minded and maybe you'll find your next interest in an area you've never expected.



DISCOVERING MY PASSIONS

the two year journey

by sarine moharaja

JOINING CAPITAL W AND OTHER SOCIETIES

Like many other first year students, I entered my first year of university still unsure of what I wanted to do with my degree. With the main reason for choosing my degree of Actuarial Studies being my interest in maths and problem solving, this initially wasn't enough to convince me that this was the best degree for me. This led to many weeks of contemplation and questioning if whether I was truly passionate about the content I was learning. Thankfully, the few days I spend during O-Week had exposed me to the numerous amounts of business-related societies at UNSW and really opened my eyes to the large number of students who were in the same boat as me. While I missed the opportunity during T1, I made sure to make the best of the society opportunities in T3 and during my second year of university. Although I didn't realise it at the time, joining Capital W at the end of my first year was one of the best decisions I had made for myself, in both the social and academic aspect. Being surrounded by other like-minded women allowed me to have several conversations about the different pathways one can take, despite studying a degree with a traditional direction after graduation. Knowing that maths was only a minor part of an Actuarial role, these discussions with other students helped me regain my passion for the degree and has allowed me to develop passions in other areas which I hadn't taken an interest in prior, such as coding




NETWORKING AND CAREER'S FAIRS

Joining societies also exposed me to the various networking and career related events held at UNSW and allowed me to refine the wide range of opportunities I was presented in my first year of study. The first every networking style event I attended was in the first weeks of my second year, a Careers Fair for students studying Actuarial Studies, and allowed me to really understand the orthodox pathways a student studying this degree can take. Talking with the several sponsor representatives put into perspective the direct ways I would be able to apply my passions in the workforce. I then attended the Capital W flagship events, IWDB and Annual Dinner, which provided me with more opportunities to network with industry representatives, with these events allowing me to gain exposure to a range of business industries, not restricted to just the Actuarial field. The Annual Dinner in particular allowed me to network with a range of companies, and during the several conversations had with the attending representatives, I came to realise that while I found new passions while studying my degree which may not be applicable in a traditional actuary role, they may be applicable in others. Whether it be companies specialising in finance or consulting, it was these events which helped me realise that with a wide range of passions which continue to grow as I study, there will be path I can go down.

As my time as a second-year student comes to an end, I have been able to deeply reflect on the journey I have undertaken to get to where I am and how this has shaped me and my passions. If it weren't for Capital W and all the great people I met down the path, I don't think I would be where I am today.

what to do if you're not p



As students, we're often given the advice to follow your passions and find a career you'll love. The truth is that not everyone knows what they're passionate about, and some of us might not be particularly passionate about anything.

The good news is, this is completely normal! Just like skills and expertise, passion is something that can be developed.

why you shouldn't "follow your passion"

In contrary to the popular career slogan, following your passion may actually be unhelpful throughout your career journey. Here's why:

1. we may not know what we are passionate about

Most people are unsure of their passions. If we don't know what we're passionate about, how can we expect to follow it?

2. we may have several interests or passions

Following your passion implies that you must choose one passion only. This can be quite limiting for those who have several interests and wish to pursue more than one.

3. our passions may change over time

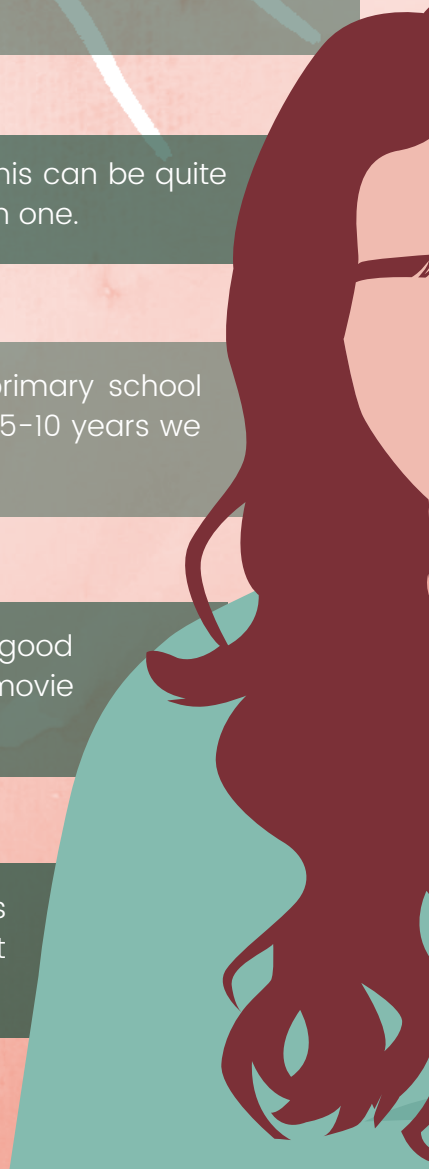
It's very natural for our passions to evolve over time. Our interests in primary school could be very different to our interests as adults. It's very possible that in 5-10 years we will no longer be interested in our current passions.

4. we may not be good at our passions

We may be passionate about something, but that doesn't mean we are good at it. For example, many people may dream of becoming a famous movie star, but they may not have the talent for it.

5. passions don't just appear out of thin air

As mentioned before, it's okay not to have a passion because passions can be developed! However, developing a passion takes time and effort and isn't something that can be achieved overnight.



passionate about anything!

By Helen Liang

how to develop your passions

Developing a passion can be a difficult process that takes time and effort. Here are some ways you can discover your passions!

1. try new things

An easy way to find out what you enjoy is by simply trying new things! Whether you choose to learn a new skill like Photoshop, or pick a course you wouldn't normally choose, doing something different can introduce you to things you never thought you would enjoy.

2. assess your strengths

We are often passionate about things we are good at. Being aware of your strengths can help guide you in the direction towards discovering your passions.

3. become really good at something

The better you become at something, the more likely you are to be passionate about it. Although it can be difficult to become really good at something, the truth is that developing your passion takes time and effort. Studies have shown that effort often predates passion – the more effort you put into something, the more likely you are to be passionate about it.

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IKIGAI

HOW TO FIND YOUR

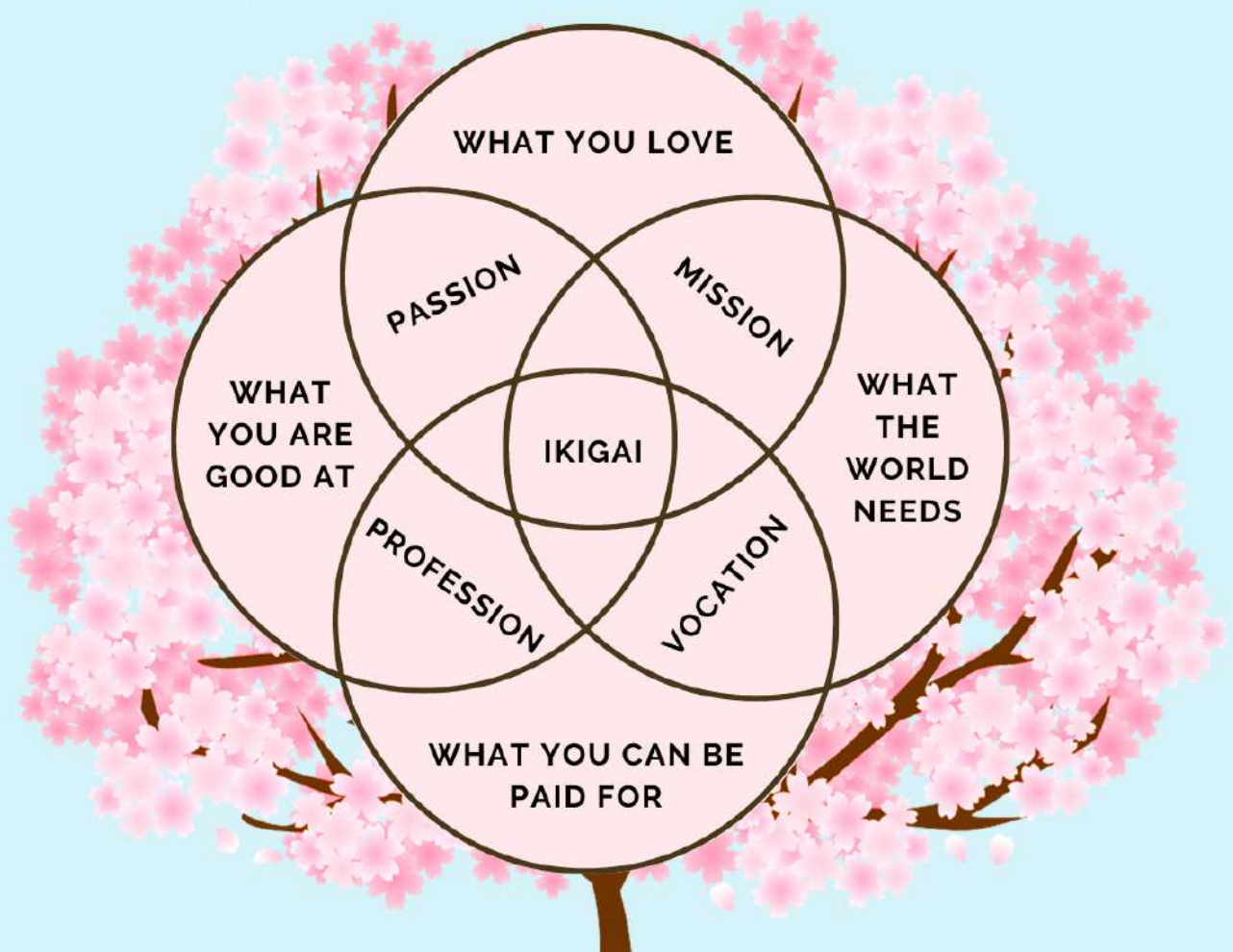
Passion and Purpose

By Lindy Ung

WHAT IS IKIGAI?

Ikigai is a Japanese concept that combines the word *iki*, meaning 'alive' and the word *gai*, meaning 'worth'. Together, *ikigai* loosely translates to what gives your life purpose, worth or meaning. If you are unsure of what gives you direction in life, particularly if you are a university student who is still exploring their career prospects, *ikigai* is a practical philosophy that can be applied to your professional life.

The *ikigai* diagram below captures the intersection of important personal and social dimensions so you can reflect on and choose a career pathway that aligns with your values, talents and passions.



WHAT YOU LOVE

A key sphere of interest within the philosophy of ikigai is do things which bring you joy, satisfaction and fulfilment in life. If you apply this mindset to your career, you can identify activities that you have enjoyed from your current studies, work experience or extracurricular activities, to guide your career passions. For instance, if you like analysing data and identifying key trends, a career in business analytics or market research may be ideal for you. What you enjoy is personal so be honest about what you like and don't like doing to uncover your interests.

WHAT YOU ARE GOOD AT

The next step is to figure out what you excel at, and these include skills that you have learned, talents that you have gained, and hobbies that you have pursued. For instance, you might be excellent at writing essays, which may influence you to consider a career in news reporting or journalism. While skills and talents can be developed over time, find out what your strengths are as they will guide you to consider the career that best suits your capabilities and allow you to thrive in the workforce.

WHAT THE WORLD NEEDS

What the world needs can refer to anything from society as a whole to your local community. They refer to things that would benefit humanity or meet people's needs, whether it is providing clean drinking water, helping small businesses grow, or solving a problem with technology. Doing good for others is an important consideration in finding a career that aligns with your ikigai because it goes beyond serving yourself to connecting with and benefitting the broader community. Helping others can also provide greater fulfilment and a stronger sense of purpose in life.

WHAT YOU CAN BE PAID FOR

If you have a passion or talent that somebody can pay you for, it may be worth considering developing that to find your dream career. While you may enjoy hobbies like knitting or painting, it may not necessarily provide you the salary you are looking for. Whether you can be paid for your passions or talents depends on factors such as the state or future outlook of the economy, whether they are in demand by employers, and how much you can be expect to be paid for it.



Study Methods

By Sandra Ang

Although there are a range of study methods out there, not all of them are effective. Here is a list of some of the most tried and true study techniques to get your assignments done!

POMODORO METHOD



If you've ever explored the studying side of YouTube, you may have heard of this infamous method. Developed by Francesco Cirilo, it involves studying for short bursts of time (e.g. 25 minutes) and then taking a break for 5 minutes. The idea of a short study period can help you get started on work when you feel unmotivated to do so and stop procrastination in its tracks.

However, for some students, 25 minutes may not be enough time to settle into the task and make sufficient progress. A solution is extending the length of the study period to 50 minutes and taking a 10 minute break instead.

SPACED REPETITION

We all know the feeling of cramming for exams last-minute - it's stressful and not the most efficacious way of retaining information. Concepts which aren't constantly reviewed tend to be forgotten and it takes our brains much longer to remember them. This is where spaced repetition comes in. By allocating set intervals of revision throughout the term (e.g. once a week), it can solidify ideas and fill gaps in your knowledge.



ACTIVE RECALL

Active recall is the process of retrieving information from memory. Although it is more mentally demanding than some other methods, the results are incredibly rewarding as it forces you to actively engage with the course materials.

One active recall strategy is the closed book method, which consists of closing your textbook and writing down everything you can remember about a topic. After you feel that you can no longer recall any more concepts, open the textbook and fill in any ideas you missed. By doing this, you can determine which areas you are confident in and which ones require more revision.

Another strategy is to jot down questions when doing your readings. This technique compels you to make connections between concepts and pay more attention to the information. As an added bonus, you'll have a question bank you can use in preparation for finals!



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