



## COMING BACK - *Emma*

Emma

I feel I do a lot of extracurricular stuff now that I've been back.

Facilitator

More than before you left?

Emma

Oh yeah, definitely, 100 per cent. But the benefits of doing the extracurricular stuff is just invaluable so you want to do it. You get so much out of it. It's just so rewarding that you make the time.

Facilitator

What are the benefits? What are the top three benefits do you think?

Emma

Networking definitely; meeting people in fields, in industries that you want to go into; making those contacts. I'm a really big believer these days it's not what you know, it's who you know. What else? Top three things? Inspiration, can I say that?

Facilitator

You can say whatever you like Emma.

Emma

Inspiration, meaning like having gone to a talk or meeting other students or meeting other staff you just get a wealth of ideas. You just hear about other people's experience, like I did this, oh cool, tell me about that. Then you go I want to do that or I want to do something similar. It also - like getting involved - I did become a UQ Advantage Ambassador and that has just been one of the most rewarding things ever because through that, through getting to know everything that the uni has to offer you, that's where you get more - more opportunities open and you have access to this whole like quote database of what you can do at uni, things like that.

The third thing would be support, for example, being an advantage ambassador or being - I'm also about to become a



Emma

humanities and social sciences mentor, so things like that. You get to meet the staff of the uni, you get to meet other students and then they get to know you. They get to know where you want to go and what you're trying to do and then they really help you. They might be like ah we've got this. They'll personally seek you out and they're like oh we've got this opportunity coming up, you've been in South America, you might be really interested, we really want you to apply.