

Transcript

Title: Join the H.Squad in 2022!

Year: 2021

Audio/video for this transcript available from: <http://commons.swinburne.edu.au>



What do you get to participate in?

You get to participate in a lot of peer-led discussions that are integrative. -- I've been involved in a whole bunch of events. -- So many health promotion events and campaigns. Mental health, respect. -- RU OK? day, nutrition week. -- Organise and participate in both online and on-campus events. -- To have a lot of input as students in what we think are important to students. -- Make meaningful friendships. -- Focus on a wide range of health issues specifically for Swinburne students. -- You get to really be at the forefront of expressing ideas, planning, participating in events, social media campaigns. Anything that you think is important.

What are the highlights of being in the H-Squad?

To meet people that are just as interested as I am in improving people's health. -- I remember doing the first O-week and that was really exciting to actually see people, talk to them, hand out giveaways. -- Building campaigns. -- The first ever face-to-face event that we held, it was amazing getting to speak to the students of Swinburne. -- Seeing the real positive impacts that the H.Squad has on the Swinburne community. -- You really get to put things that you're passionate about and that you care about at the forefront. -- You meet an awesome and diverse group of students. -- To participate in the 'Let's Unpack That' podcast. Being able to work on one was an amazing opportunity.

How has being in the H.Squad improved your CV?

Really enhance my CV. -- It's given me real life experience that I will be able to apply when I graduate. -- Enabled me to gain valuable references. -- I have now got a lot of practical skills that I can add to my CV. -- It looks really good because it's not something that everyone is usually involved in during university. -- It built my professional network on my CV. -- It's a really great conversation starter. -- Provided me with examples to draw on when writing cover letters and in interview situations. -- Engage in a lot of really awesome opportunities. -- It definitely does stand out. -- And it's just something that's slightly different and a way to set you apart from other people.

What skills have you developed?

Giving me the opportunity to improve my leadership skills. -- Time management, my communication and public speaking skills. -- I've worked on quite a few projects during my time. I've improved my skills around project planning and making sure that they move efficiently. -- It's going to sound a bit

silly but definitely my social media skills, making things look professional, presenting them well. The H.Squad really gives you an opportunity to shine, to be confident, which has been really great.

What have you got out of from being in the H.Squad?

Really nice people that are also interested in improving people's lives in different ways. -- I created a support network while at university. -- Meeting a whole bunch of like-minded individuals that share the same passion in health and health promotion as I do. -- It's really helped me feel more a part of the Swinburne community. -- To have fun and enjoy exploring my passions and interests at university. -- I've learned so much about health issues that young people face every day. -- And the skills and experience that can transfer over into a workplace. -- I feel a bit more passionately about being a Swinburne student.

Apply to join the H.Squad now!

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