

LOWANNA GRADUATES

WHERE ARE THEY NOW?

MARINA MARTIC CLASS OF 2009

When did you attend Lowanna College?

I graduated Year 12 in 2009.

What are your memories of Lowanna College?

I have some great memories of Lowanna College - VCE was a lot of fun! Plenty of funny memories from muck up week and Year 12. I made some great lifelong friendships and it's amazing to see the different experiences we've all had over the years. I was lucky to spend my time with great people and learn from a diverse group of students.

How do you think your experiences at Lowanna College helped you become the person you are today?

High school is an incredibly influential time for a person. You begin to find yourself and the direction you want to take. It's not all roses, but it's how you choose to let your

experiences impact you that's important. My experiences helped refine many skills that I use each day in my personal and professional life. Working alongside other students you begin to learn more about yourself, your beliefs, your skill set and what's important to you.

When I reached Year 12, being accepted into my first preference for university was important to me. I knuckled down and worked hard so that I could achieve this. I learnt that I have a very strong work ethic which has been a huge asset in my career to date. I remember two teachers in particular who instilled a lot of belief and encouragement in me, and also in other students. It was this belief that inspired me to consider the many possibilities and potential that lay ahead.



Was there anyone at Lowanna College who had a positive impact and upon reflection, influenced you to follow the path you have chosen?

Absolutely, in Year 10 I started to become very interested in health and nutrition. I would exercise daily and eat quite well. This was beneficial for my concentration, retention of information at school and kept me happy, fit and healthy during a heavy study load. This

interest piqued when I started taking a health class with Mrs. Cane who noticed my interest in health and encouraged me. She took the time to help with my studies and answered questions I had to best support me for exam time. Also worth mentioning is the time taken with the careers teacher - that was very valuable in determining what avenues and pathways you can take toward your career goal.



What did you do after leaving Lowanna College, and where are you now?

Once finishing high school, I moved to Melbourne to pursue my study at Deakin University. At the time it was scary, but I knew that I had to jump out of my comfort zone to see my goals through. Totally worth it! A few years later I walked away with a degree in Nutrition, with a major in Psychology. I now practice as a Clinical Nutritionist in Melbourne assisting people with all things health, nutrition and wellness. The health industry is incredibly rewarding, I have people from all walks of life come



to see me for a myriad of health reasons - some people want to optimise their health, prevent negative health outcomes and others have chronic health conditions where I tailor diets to meet their specific nutritional needs. Knowing that I am making a positive impact on their health outcomes through the coaching of good nutrition and lifestyle factors is rewarding. My passion for a balanced, holistic approach to health has led me to further my study to become a fitness instructor and a near completion of becoming a personal trainer.

What are your greatest accomplishments (list any awards, achievements, defining moments etc.)?

One of my greatest accomplishments that has shaped my career is completing my University degree to enable me to work in an industry that I love. Knowing that I am helping people improve their health, mindset and lives is very rewarding. It's the best feeling when I have patients come to the clinic and leave feeling inspired and enthusiastic about healthy change. It's amazing what good nutrition can do for the mind and body. I had an interesting experience earlier in the year, I was presented with an opportunity to enter Miss Universe Australia. It's not typically something I would have gone for, but I'm glad I did! The experience challenged me and my comfort zone. I learnt a great deal about myself and it sparked some new inspiration for my future endeavours. By sharing this experience I want to highlight that trying new things and going for opportunities that you might not think are in reach can be pleasantly surprising and open up plenty of doors!

What advice would you like to give any of our current Lowanna College students?

Think big! There is an entire world of opportunities out there. Growing up I always expected more for myself and worked hard toward my goals. I didn't let my postcode define what opportunities were in my grasp. With that said, there are some incredible people doing incredible things right in Gippsland.

Don't stress if you aren't entirely sure about what you want to do with your career, keep trying new things and it will all work out. I wasn't entirely sure what I wanted to do when I got to Year 12. I remember trying

to pick my preferences for University and feeling a little unsure with what direction to take. I reflected on what I was passionate about - that being nutrition, and I went with that. If I can offer some simple advice it would be to let go of any fear and uncertainty you may have, don't be afraid to try. Don't limit your potential with fear and self-doubt. If you have passion, drive and are willing to put in the work you can achieve absolutely anything. Always ask for help when you need it. If you fail, that's completely fine – dust yourself off and keep going! Discover what inspires you, what you're passionate about and work toward incorporating that into your career plan. Connect with people who inspire you. Surround yourself with people who support you. Try new things and push yourself out of your comfort zone. From my own experience, you can miss out on valuable opportunities if you let fear get in the way. Your biggest growth will come from jumping into new experiences - good and bad. If you know what you want to do, connect with people who are in that field and ask questions.

From a health perspective, look after your body - we live our best lives when we nourish our body with a healthy diet, good sleep, hydration and regular exercise. I work with a lot of teens in clinic around good nutrition and lifestyle habits. My advice for any teen would be to start developing some healthy habits to assist your study, mood, energy and have you feeling your best.

Finally, have confidence in your abilities, be proud of who you are and where you come from and remember how awesome you are!