

SCHOOL GRADUATE STORIES

Name: Rochelle McCook
Degree: Bachelor of Science – Nutrition and Food
Year of degree: 3rd (2010)
Campus: Hawkesbury
High School: McCarthy Catholic College
Completed Year 12 in: 2007
Scholarships held:
Academic Excellence Scholarship
Hawkesbury Foundation Scholarship
Smart Start Scholarship



Is the degree or course structure what you expected?

I imagined university to have huge lecture audiences with unapproachable staff, however the majority of my classes are actually very discussion-based with groups of around 40, and the staff are hands-on and approachable.

How is university different from school?

University is about developing your own opinions and theories rather than being taught someone else's. I've found that rather than feeling I know everything, I know where to find the answers using the latest research.

How did high school help you in preparing for university?

The later years of high school helped in developing problem-solving, written communication and critical thinking skills. All of these abilities are vital for success at uni as learning is often self-directed, requiring independent impetus.

What is the most interesting thing you've done at university this year?

I was involved in cooking demonstrations at the Royal Easter Show with the Australian Women's Weekly Theatre Kitchen and I was also a camp leader for the Youth Science Forum. Both of which were great opportunities to learn and share knowledge as well as being a lot of fun. I also developed a high protein ice cream for body builders which rated exceptionally well in our taste testing trials.

What are some of your achievements since you started university?

I was placed on the Dean's Merit List in 2009.

Have your career aspirations changed since you began studying?

I still aspire to complete a masters degree in dietetics, however, I have gained further direction in regard to which area of dietetics I would like to work in. After work experience at the Westmead Children's Hospital and in a private practice, I think I would like to work in a hospital.

What advice would you give to students at your high school about pursuing university study?

Look at the subjects offered in each degree before deciding on a university. The subjects vary between universities. I found that the subjects UWS offered were far more practical and relevant to my interests.

Why did you choose to study at UWS?

I chose UWS for two reasons, firstly, I liked the sound of the subjects offered for my degree compared to other universities and secondly, I loved the atmosphere of innovation and support which I felt at the Open Day I attended.

Any other comments or observations about university study?

Don't be afraid to ask questions. If you have a question chances are lots of people have the same question. No question is too out of the ordinary!

Course Information



Bachelor of Science – Nutrition and Food

Where is it held (campus)?

Hawkesbury

How long is it?

3 years full time

Assumed knowledge:

At least two of the following subjects – Biology, Chemistry, Mathematics and Physics.

Career opportunities:

Food product research and development, consumer relations, community nutrition and health, health promotion and education, technical sales representatives.

Studies include:

Chemistry, Food Science 1, Introduction to Human Physiology, Microbiology, Nutrition and Health, Food Analysis and Quality Assurance, Global Nutrition Food and Community, Experimental Foods, Advanced Good Science and Technology, Culinary Science, Consumer Issues in Nutrition.

ATAR (2010)

63.85

Additional information:

Healthy eating is a vital part of good health. Nutrition and Food covers a range of subjects that include the nutritional benefits of particular foods, the development of new food products, food safety and medical conditions that are affected by diet, such as diabetes and heart disease.

For more information:

Visit <http://future.uws.edu.au/>