



Whilst the end of Semester feels like a finish line, it's also the perfect opportunity to reflect on the year and lay the groundwork for future success. Our Internal Team share the habits, lessons and mindsets that shaped their journey this year, along with their favourite WiB memories! These reflections capture the resilience and spirit that will be carried into the next year and beyond.

### Lessons from the Year

Over the year we've provided lessons about growth, balance and persistence. Each experience shapes the way we approach challenges and proceed with confidence. So, what important lessons have we learned this year?

"The most valuable lesson I've learned is that balance and boundaries are just as important as ambition. At times this year, I pushed myself to the limit, but I grew most when I learned to step back, delegate, and look after myself. It has shaped my growth by teaching me that sustainable leadership comes from pacing yourself and building trust in others."

– Vanessa L., President

"Reach out and grow your network! I've made so many great friends and connections through just introducing myself and taking the courage to start conversations, a lot which have opened me to such great opportunities and great friendships. Never limit yourself."

– Sasha K., Events Director

### Habits We'll Carry Forward

Habits are necessary to increase productivity and achieve long term goals.

By consistently practicing routines, we build momentum, stay focused and make meaningful progress over time.

"Try to create your own personal timetable that's not just your university timetable. So, factor in uni, work and most importantly your time. It helps create a structure so the Semester doesn't get too overwhelming, and you can still continue to stay on track."

– Dani P., Marketing Subcommittee

"A habit I would like to carry forward is being able to strike boundaries. I would like I say I have mastered this in my social life, for example, knowing what personal events I can and cannot go to such as attending a birthday party and debating in competition on the same day. But these boundaries could be greater emphasised in other aspects of my life and be applied comprehensively as opposed to being 'wishy washy' in certain scenarios and with certain people. I would also like to remain optimistic, maintain some form of a routine (albeit my schedule tends to move around), and reassess my priorities more frequently in the year."

– Naveera K., Publications Director





## Resilience

Resilience isn't about never struggling; it's about finding the strength to keep moving forward despite setbacks. Each challenge serves as a reminder of our capabilities, showing us how perseverance turns obstacles into growth.

"I stayed resilient by leaning on my support networks, both within WiB and in my personal life, and by reminding myself to keep perspective when challenges felt overwhelming. Breaking problems into smaller, actionable steps helped me manage competing priorities, while celebrating small wins along the way kept me motivated."

– Vanessa L., President

"I stayed resilient this year by focusing on the bright side and staying optimistic! Even when things didn't go to plan, I tried to hold onto hope and reframe challenges in a positive way. I also leaned a lot on my support network. Being able to talk things out with friends and family or even just vent when I needed to, made such a huge difference."

– Bella G., Secretary

## Mindset

Constructive thoughts and attitudes can make or break how we learn and grow. By creating a positive mindset, we open ourselves to new opportunities and experiences.

"Going into the new year, I want to remind myself that I'm the only person I'll be stuck with forever, so it's worth being someone I genuinely like! Life's too short to take things too personally, and most of the time, people's actions say more about them than me. So why hold back for fear of looking silly? Nothing's ever that deep and I'd rather do what makes me happy than miss out on memories that will last forever!"

– Lucinda Y., Events Subcommittee & First Year Representative

"Rejection is redirection. I've learnt to accept this when applying for jobs and internships, and it has helped me stay motivated even after several rejections. This mindset allowed me to secure an internship this year, and I want to carry it into the new year. Rejection often just means something better is waiting for you or the timing isn't right, you just have to keep a positive outlook."

– Nasren D., Marketing Subcommittee

## Advice We Wished We Received

"The advice I wish I had received at the start of this year is to stop doubting myself and just go for every opportunity, even if it feels out of reach. Imposter syndrome is very much real, but you deserve that position or opportunity just as much as anyone else and if I had embraced that mindset earlier, I would've saved myself a lot of second guessing and realised sooner how much growth comes from simply putting yourself out there."

– Nasren D., Marketing Subcommittee





"I would definitely say plan, plan, plan. Like I said before, creating a general timetable for yourself and sticking to it Especially when it comes to doing work. I remember hearing a quote that "education is a privilege" and it's so true because I get the opportunity to go to university and seek an education so I shouldn't waste it. Especially since I pay for university, why would I want to waste something that I pay my hard-earned money for. I wish I was told to not let too many excuses or conflicts stop you from being able to studying. I also read a quote from Simran Kaur saying, "Someone can take everything from you, your home, your livelihood, but no one can take your education," and I guess it's just stuck with me."

– Dani P., Marketing Subcommittee

### Celebrating Achievements

Reflecting on the year wouldn't be complete without celebrating our achievements! Reminding ourselves of achievements creates a confident mindset that motivates us to keep growing.

"I'm most proud of securing my graduate role at Macquarie Group. It reflected years of hard work balancing study, WiB, and professional experiences, and it reminded me that dedication pays off. This achievement taught me that I can handle high-pressure situations with resilience and that believing in my own capability is just as important as putting in the effort."

– Vanessa L., President

"I'm most proud of the passion that has been fostered this year, it was great to see so many recurring faces at our events."

– Lauren W., Vice President

"Being so involved in WiB as FYR and on the Events Subcommittee has shown me that the main barrier to what you can achieve is often just what you think you can't do. I've realised you don't have to be the loudest, smartest, or funniest person in the room to take on leadership, you just have to be willing to back yourself and be genuine."

– Lucinda Y., Events Subcommittee & First Year Representative

### Our Favourite WiB Memories

"Shortlisted for Club of the Year is a huge achievement and a testament to the commitment of our team, something always to be very proud of!"

– Lauren W., Vice President.

"A fun WiB memory was running around the Botanic Gardens and Circular Quay with Alaiya, and Ali closely following us with Ness's digital camera to promote WiB's merch!"

– Naveera K., Publications Director

"Ceramic & Sip was such a highlight, the best event! Spending time with friends, getting creative, and hearing all the fun, laughter, and chatter in the room was so heartwarming. It's one of those memories that perfectly captures the community vibes of WiB!"

– Bella G., Secretary

by Liana Chakrabarty

