

Ten pieces of advice

By Lucy Caruana (nee Bozzetti), 2010 College Dux

The ten pieces of advice I would have given myself 10 years ago are as follows, with each piece of advice symbolic of a year since graduating St Francis:

1. Progress, not perfection - one of my favourite quotes. So long as you are taking steps forward, be reassured that you are on the right path.
2. Accept support - your support network is, and always will be, one of your most valuable resources. There is no shame in accepting a helping hand.
3. Start building your network early - opportunities arise when you least expect them, and connections made in your early years may help you in the long term.
4. Celebrate your achievements - it is easy to get wrapped up in thinking about the next steps before acknowledging what you have achieved. Perhaps you have your sights fixed on that dream internship, or are concerned to get a job once studies are coming to an end. Pause, and reflect on all you have achieved as often as you can.
5. Own your mistakes - we all make them. Own them as your own, and accept senior support to correct them. No point beating yourself up over them, but instead use them as an opportunity to learn.
6. Confidence - you will inevitably encounter situations where you have no choice but to be confident and do something for the first time, or something which you find intimidating. Be proud of yourself for giving it a go, and tell yourself that you will conquer it! Your inner dialogue is extremely important in these situations.
7. Use your initiative - to progress in your career, trade or business, always think about the next steps as they are often the building blocks toward betterment or promotion. If your boss needs assistance gathering documents to draft a letter, ask if you can draft the letter. The opportunities are endless.
8. Be budget savvy - as young people we are in a wonderful position to make the most of our opportunities. Money certainly does not buy happiness, but try to do your research and set yourself up for a life which makes you happy.
9. Reassess your values - take a reality check. What really gets you out of bed? How can you ensure your priorities are aligned with that motivating goodness?
10. Pay it forward - as you become more senior, recognise and be grateful for those that have given to you. Give back in return... is there someone your junior who you could mentor?

All the best for a life of happiness.

Lucy