

## Connor's tips

1. **Apply for everything!** I wasn't going to apply for the Fogarty Scholarship because I didn't think I had a chance of getting one, but my Mum ended up talking me into it. The more opportunities you apply for, the better you will get at applying, and the greater your chances of a successful outcome will be. An underestimated side-benefit of these applications is that they force you to reflect on your achievements to date, what you really want to do in the future, and what you stand for. This is something a lot of us are never really asked to do, but you will end up learning a lot about yourself and the impact you want to have in the future as you spend time on your application.

2. **Get the help of those around you-** a lot of these applications ask you to discuss your greatest impact, achievements, qualities and values. In addition to reflecting on these yourself, ask your family, friends, teachers, work colleagues etc. what they would say. Often the things others find most impressive about us are things we take for granted ourselves!

3. **Talk to those who have walked the path before you-** I have always been surprised by how willing everyone I've ever reached out to has been in helping with applying for scholarships and jobs. Do some research and reach out to past winners of the scholarship/early offer/job that you are applying for. These are people who have successfully gone through the application process and know what the assessors are looking for. If you reach out in a polite way, they will often be willing to help you out with either a phone or email conversation. *(On that note, if anyone is interested in applying for a Fogarty Foundation Scholarship, or any other scholarship for that matter, I'm more than happy to give them a call and read over their application!)*

4. **Always be prepared-** I have found that it pays to keep track of all of my achievements and extra-curricular activities as I go, so that I'm not left trying to remember them all when applying for jobs, internships, scholarships etc. In applying for these opportunities, assessors really want to see your impact (how you personally contributed to an outcome), what you learned (self-awareness and self-reflection are key), and ideally, how you improved based on those learnings! What this practically means for me is keeping a list on my computer with every achievement/activity, my impact, and what I learned. Then when these opportunities come around, it's all good to go.

(This advice may be more relevant for the Year 11 and 10's with regard to these applications specifically, although I have found that down the road when applying for internships and jobs, it has served me well.)