**La Trobe Award video transcript**

**Screen titles:**

What does the La Trobe Award Program involve?

**Jayne:**

The La Trobe Award Program involves attending and participating in various sessions that are particularly helpful in volunteer positions and university-based programs.

**Screen titles:**

Why did you join the La Trobe Award Program?

**Aysha:**

I'm involved in quite a lot of activities on campus and I'm in a lot of leadership roles on campus. So the reason I joined this program was because I wanted it to help enhance my career abilities when I go out and have all these workshops which would help me in my future endeavours.

**Jayne:**

I joined the program because I was looking for some extra-curricular activities to, engage in, and I just thought it would be great to increase my communication skills, and also to gain some confidence, especially just in participating with university in tutorials and seminars. And also I volunteer at various community positions and I just wanted to really gain some skills that would be recognised as well.

**Screen titles:**

How have you benefited from the La Trobe Award Program?

**Jayne:**

Earlier this year I went on the Make Poverty History Road Trip which I think was very, um the work that I did with the La Trobe Award was very beneficial on this particular campaign, especially skills that I learnt with motivating and delegating. I think being able to motivate strangers to become interested in the campaign was really important and I think that was really beneficial. Also, I volunteer at Darebin Community Legal Centre where we deal with a diverse range of clients, and being able to understand them and interact well with them was, is very necessary.

**Aysha:**

This program as I said had various workshops and some of the workshop involved, like, conflict management. And this helped me out a lot because in my role, and when you have issues facing students and the things you're doing in day to day activities, it has helped understand me how to go about handling differently people accordingly. And also it's, you know, it's also helped me in my professional and written communication skills and how things have changed now, and how you could be, write a formal letter or informal letter as such. And as well as it has also helped me with my delegation and motivation, like being a leader alone doesn't mean that you take all the burden on yourself, you should know how to delegate the work and get the people to do the work but in the meantime also motivating them to do it.

**Screen titles:**

Why would you advise other students to join the La Trobe Award Program?

**Aysha:**

I basically say studies alone isn't enough. It is important indeed, but if you do this program you would learn how to go about in your day to day activities as well. And also it would help you get involved in volunteer work as it also helps with your leadership skills.

**Jayne:**

I'd definitely highly recommend the La Trobe Award Program to any university student. I think, anyone that's involved in volunteering or university based programs. I think it's a great opportunity and it does give you the opportunity to have recognised skills. And if you're looking to increase your confidence and, ability to engage with others more effectively then the program's a really great option for that.