

WESTERN SYDNEY
UNIVERSITY



SUSTAINABLE
AGRICULTURE AND
FOOD SECURITY



Groundbreakers
AGRICULTURE EDITION





UNLIN

We remember the questions that come with the end of school – what job do you want to do, what course do you want to study... Few of us had the answers because who knows what they want to do, the opportunities are endless! We live in a world where the pace of change means new career opportunities are constantly emerging and the workplace is more competitive than ever before. Employers are looking for the best people not necessarily the ‘right degree’.

At Western Sydney University, we are all about building a career not a job. Agriculture is an exciting industry and, as you will read, we all have very diverse interests which work toward a common goal of improving the global food system. From travelling the world working in agricultural research and communications roles to developing food and agricultural policy or educating an expanding consumer audience about their food choices, these are the careers which a degree in agriculture at Western allows you to achieve.

We are a tight knit cohort who are passionate about seeing a better food system and pursuing fulfilling careers. We are always excited to welcome new undergraduates to the family and would love to see you at Western next year studying with us in the *Bachelor of Sustainable Agriculture and Food Security* degree.

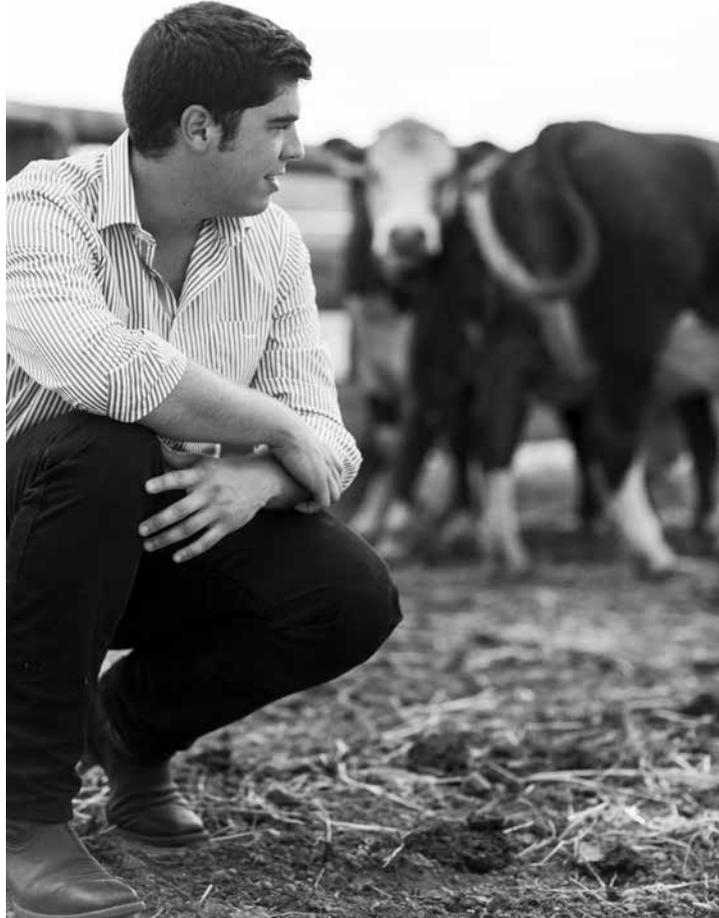
From the agriculture staff and students at Western Sydney University, welcome!

UNLIMITED.

BACHELOR OF SUSTAINABLE AGRICULTURE AND FOOD SECURITY

The Bachelor of Sustainable Agriculture and Food Security degree is unique in that it puts YOU in the driver's seat when it comes to designing your ultimate career in agriculture.

Each full-time year of study is made up of eight units which are broken down into two groups of four units - one group for each semester. In first year, all of these units are core which means they are mandatory and so you will not only form close bonds with the rest of your cohort, but also discover the bigger picture of agriculture. At the end of first year, the course becomes more flexible and you can really tailor it to suit your niche. You will be able to choose from one of four options for your second and third years of study. This is where you can specialise in an area that you are truly passionate about. Your choice can be from one of three set majors - Sustainability Science, Business or Social Science, or, if you like them all, you can choose a few units from each major and be an all-rounder! If you choose this final option, you could also choose to pick up some units offered elsewhere in the University such as learning a language or studying internationally!



COURSE STRUCTURE

UAC CODE: 728028

YEAR 1

AUTUMN	SPRING
Feeding the Planet	Mediated Mobilities
Scientific Literacy	Horticultural Production Systems
Leadership in a Complex World	Introduction to Ecological Agriculture
Introduction to Critical Thinking	Food Science 1

YEAR 2

AUTUMN	SPRING
Greenhouse Technology for Sustainability	Sustainable Food Production
Environmental Planning & Climate Change	Agriculture, Food & Health
Major Elective	Natural Science Research Methods
Free Elective	Free Elective

YEAR 3

AUTUMN	SPRING
Field Project 1	Field Project 2
Analysis of Agricultural Supply & Demand	Major Elective
Major Elective	Major Elective
Free Elective	Free Elective



MAJORS

SUSTAINABILITY SCIENCE MAJOR

- Soils
- Introductory Chemistry/Essential Chemistry
- Cell Biology
- Plant Health and Biosecurity
- Plant Physiology/Genetics
- Water in the Landscape
- Postharvest
- Complex Systems in Biological Farming

BUSINESS (MARKETING) MAJOR

- Marketing Principles
- Principles of Economics
- Consumer Behaviour
- Creating Change and Innovation
- Globalisation and Sustainability
- Business, Society and Policy
- Brand and Product Management
- Plus choose one of:
 - International Marketing
 - Strategic Marketing Management
 - Marketing Communications

SOCIAL SCIENCE MAJOR

- Issues in World Development: Rich world, Poor World
- Planning the city: Development, Community and Systems
- The Economics of Cities and Regions
- Internship & Community Engagement
- Sustainable Futures
- Social Computing
- Community and Social Action
- Communication Project Management







MEET APRIL



APRIL BROWNE
SCIENCE EDUCATION AND ENGAGEMENT
COORDINATOR

I used to be scared of cows. Growing up on the NSW Central Coast, I preferred the beach to the paddocks and, to me (back then), agriculture was nothing more than the food on my plate. How things have changed!

I have been involved in the agriculture industry for fifteen years now, and I have built my career around food production, education and nutrition. I love my job in agricultural education at Western Sydney University. I also own a dairy farm that milks 160 cows in south-west Sydney. My work is not just a job... it's a career, and I love it! Take a chance on agriculture, like I did, and I guarantee you will have a career that you love also.

CHRIS

CHRIS VELLA
SCIENCE EDUCATION AND ENGAGEMENT
COORDINATOR

I'm a newcomer to agriculture. Although I've now got the coolest job ever invented, I actually started out as a visual arts teacher. That morphed into teaching geography, which inspired my career pathway into agriculture. It was this roundabout journey that allowed me to discover I loved teaching sustainability.

I worked for an environmental education centre where I learnt that if we educate consumers to buy more 'good, clean and fair' products, we can help agriculture to keep moving in a more sustainable direction. My story has a simple message: don't be afraid if you don't know exactly what job you want when you begin uni. Choose the topics that interest you, and jump at all opportunities – even if they feel a little out of your comfort zone.



MEET OUR STUDENTS



LAURA B.

**LAURA BARCLAY
2ND YEAR STUDENT**

My love for agriculture all started in high school. Despite hailing from many generations of farmers, I grew up in the suburbs of Sydney. Houses, not animals, were my 'back paddock' and the best way I could pursue my interest in agriculture was through part time work at my local pet store.

My High School Agriculture teacher was a big driver for reigniting my excitement for my two passions, animals and agriculture. I loved going to every class and each year I would attend the Penrith Agricultural Show, presenting the school's cow for judging and also judging the poultry. I was so excited the year I won 3rd place poultry judging on my first attempt.

Fast forward to today and my weekly high school agriculture class has become study at University. I chose to study a Bachelor of Sustainable Agriculture and Food Security as I truly believe that agriculture will drive the country's future. I'm learning how to provide a safe and sustainable future for all,

and challenging myself to think innovatively about how we can provide enough food for future generations. In particular, I enjoy learning about developing sustainable ways of producing food with minimal wastage, and the extracurricular opportunities that have allowed me to do this. I have travelled to conferences and met leaders in agriculture from around the world who have inspired me to continue developing solutions toward a better food future.

I hope that in my career, I will be able to create and communicate innovation for change that addresses how we will feed a growing population and decrease the number of health-related issues with food production.

STUDENTS

JACKSON

JACKSON MARLOW-CONWAY 1ST YEAR STUDENT

Most kids dread changing schools, leaving your friends and the daily familiarity you have become accustomed to. However, for me, this is where my career began.

My agricultural journey started in Year 9 when I moved from a private Anglican college to Hurlstone Agricultural High School. Growing up in the outer suburbs of Liverpool, I had never been exposed to any sort of agriculture and I quickly developed a keen interest after realising it was far more than just sheep, cattle and farms. I decided on a future in agriculture in Year 11 when I first met Chris and April at Western Sydney University. I took part in a week-long future food security camp at the University where I was able to see all the directions that an agriculture degree could take me. This was really a pivotal moment.

Like many other students I had the common idea of becoming a doctor, lawyer or engineer. However, meeting Chris and April, and being infected by their passion for agriculture, set my sights on the field. It was during this student engagement program that I realised agriculture was far more than just animals and farms, but also about business, philosophy and social development. This helped open my eyes to the world of opportunities agriculture offered and decided that it was something I couldn't miss out on.

I would definitely say Chris and April played a huge role in my choice to study at Western Sydney University. They are the dynamic duo that fill everyone with confidence and passion, and are always willing to help out the students. They are always looking for opportunities to help us excel and the networking opportunities are endless. The University also has fantastic facilities to offer and some great extracurricular activities such as the Student Farm and Youth Food Movement.

I'm hoping to use my degree to improve food security by implementing sustainable practices either through politics or business. That's one of the great things about the Sustainable Agriculture and Food Security degree at Western, the three different majors enable multiple pathways, so I'm yet to choose. All I really know is that I want to help develop positive solutions in the global food security challenge and make some lifelong friends along the way.





JARROD

JARROD WILLEMSE
3RD YEAR STUDENT

I have my Uncle to thank for sparking my interest in sustainable agriculture. With a keen interest in natural sciences, it was only after he bought a macadamia farm on the NSW north coast and began farming sustainably that I considered this interest as a career. His alternative approach to farming was a change from traditional methods in the area. Where others followed a calendar for particular tasks, my uncle would monitor and act depending on the season or if pest and disease were present. This resulted in less time being spent on the farm and was in some ways revolutionary for the industry.

The challenge of feeding 9 billion people by 2050, and achieving it under the growing pressure of climate change, really made me think of how we can encourage more farmers to take a chance on new methods of producing food sustainably.

The opportunities offered to Bachelor of Sustainable Agriculture and Food Security students are unparalleled in many other degrees. So is the sense of community and teamwork between students and staff. These opportunities have allowed me to pursue my interest in sustainable food production not only within Australia but internationally as well.

During December 2015, I travelled to India to work with PhD students at the Indian Institute of Technology, Mumbai. While I was there, I participated in a project looking at cost effective seed storage devices as well as human malnutrition and technology to improve the lifestyle and living conditions of the poorest people in communities around

Mumbai. The trip opened my eyes to the world outside of Australia and further inspired me to make a difference. The trip allowed me to develop a professional relationship between a large number of students, professors, non-government organisations and the institute, which will be very useful as I continue in my career.

Currently I'm focused on plant breeding because I can see the ability for modified plants to make a huge impact on the environment as well as human health. I can see my future working in the plant breeding industry for companies like Syngenta or Monsanto, developing plant varieties that will produce sustainably and productively in spite of the increasing environmental pressures to come.

MEGAN

MEGAN HOUNSLOW
3RD YEAR STUDENT

We all eat. Three times (or more) a day.

In a nutshell, that's why Agriculture is so important. It's why I chose to do agriculture in the most boiled down, condensed version of it.

We all have to eat.

Beyond that nutshell, food represents, connects, and influences a whole lot of relationships in the world, making its impacts felt way beyond our dinner-plate.

It represents our cultural identity. Brings people together over a shared meal. Connects us to the land, the earth, the seasons, the region. Embeds skills. Influences politics. Impacts health.

That's why I love to study food. Because it's so important to society and the planet.

Studying Sustainable Agriculture and Food Security has opened my eyes to a whole host of possibilities in the food and agriculture industry. I've been able to achieve more than I ever imagined during my time here at Western Sydney University, and now I can't wait to get out into the world and make a difference.

I've travelled overseas to the Solomon Islands with the Australian-based social-enterprise business Kokonut Pacific, where I worked with their coconut oil production teams investigating value-added coconut products that will help provide protein rich feedstock for villages. Ten days of tropical heat, coconut meal feedstock trials, insect production and rural village visits with two

fellow students was an experience I'll never forget. An opportunity made possible after meeting the founder of Kokonut Pacific, Dr Dan Etherington, at the Crawford Fund Parliamentary Conference in Canberra.

By far one of the best things I've been able to experience whilst studying my degree, though, is volunteering. Volunteering enriches and puts classroom learning into the all-important 'real-world context'. It also equips you with a whole host of skills and is rewarding in so many ways.

I volunteer as co-leader of the Youth Food Movement (YFM) Greater Western Sydney chapter. We help connect young people with food through awesome, fun and engaging events. From long table dinners about meat sustainability to pickle pop-up stalls and adventures out to peach farms, we are helping to create a generation of young people who care about their food.

Food. Honestly I could talk about it all day and that is, in fact, what I'm hoping to do! To be an educator that helps reconnect people with their food, engaging and equipping them with skills, knowledge and experience around food. That's who I want to be.





JAMES

JAMES KEELEY
1ST YEAR STUDENT

G'day, I'm James. Unfortunately, my ATAR wasn't the best at the end of Year 12.

However, I haven't let that one number keep me from succeeding in an industry that's responsible for feeding the world.

I wasn't like everyone else in my year, I was young, I came from Central West NSW and my ATAR didn't meet the requirements. But this was okay, I found another way to earn my place into university through The College at Western Sydney University.

Through this pathway, I completed my first year units in a supported environment with a range of services available to ensure I successfully completed my study. I am now fully enrolled in a Bachelor of Sustainable Agriculture and Food Security, and the path I've taken to get here has also helped me develop my professional skills along the way. Through work placements, career development workshops and industry networking events, I've been able to develop my professional networks and knowledge of farming systems and their interactions with local community – not a bad effort!

My university highlights so far have most definitely been the opportunities that have allowed me to build my confidence as a professional in the Agriculture industry.

Being able to take advantage of all the extracurricular opportunities such as attending professional conferences has meant I've developed my ability to speak in front of large audiences, have intellectual conversations with senior industry stakeholders and feel comfortable attending industry events and networking. These skills will be very useful when I enter the workplace and have also helped me broaden my understanding of the agriculture industry.

In the future I see myself working in the community at a political level to ensure both consumers and the industry are making sustainable choices, such as composting organic waste to reduce emissions, knowing which food has been sustainably produced and the inputs required to produce food. Choosing to study the Bachelor of Sustainable Agriculture and Food Security allows me to achieve this career aspiration. I know I can change the food system so it's more sustainable and fair by encouraging people to make informed and responsible food decisions.



HELEN

HELEN DINH 2ND YEAR STUDENT

In Year 12, if you had told me I'd end up studying an agriculture degree, I probably would have laughed at you. Yes, I was the girl who squirmed at dirt and refused to participate in agriculture practical classes because I was such a princess.

Two years down the track and I'm a second year student studying a Bachelor of Sustainable Agriculture and Food Security alongside a Bachelor of Applied Leadership and Critical Thinking at Western Sydney University.

I always pictured myself doing something science related, and have always had an interest in health. For years, I was set on studying nutrition and becoming either a nutritionist or dietitian. In Year 12, I attended a camp run by Western Sydney University and it was there that I discovered what I wanted to pursue after school. During the camp, my view of our food system was opened and I realised I actually had a passion for food itself, rather than all the science stuff. If we're producing enough food to feed the world, then why are millions dying of hunger? I realised there was so much I wanted to learn about food systems around the world, and everything there is to know about the food we eat.

I've always seen myself as a shy person, but my university studies have challenged me and helped me understand my potential. Being involved with groups such as Student Campus Council and Youth Food Movement has helped me develop diverse skills, and recently I was awarded the Lorna Byrne Leadership prize – a huge surprise to me, but a great example of the many opportunities available to students at Western Sydney University. Studying food and agriculture at the University has been such an amazing journey for me so far, with so many memorable experiences – from hosting a group of Japanese high school students, to visiting farms, to attending a Parliamentary conference.

My big dream is to be an agricultural leader with a focus on developing nations. I want to ensure that research findings in nutrition are adopted by society. Our health is linked to food security, and food security is ultimately dependent on sustainable agriculture. I hope for a future where sustainable agriculture leads to a food-secure, and nutrition-secure world.

LAURA L.

**LAURA LYNCH
2ND YEAR STUDENT**

I love food. I love everything about food! I was fortunate to grow up on an organic farm and I guess that's where my passion began. Living in a household that really appreciated eating tasty, fresh food, there was and still is nothing that compares to collecting the ingredients fresh from my own backyard.

As time went on, my desire for good food subconsciously grew as I met more farmers and various individuals involved in the agriculture industry along the way. The more I heard about how and where food was grown, the more intrigued and concerned I became. We are living in a time where we are given the alarming news of how environmentally degrading farming can be. With the future population predicted to reach 9 billion by 2050, we are at a point in time where we have to start making informed food choices.

I chose to study Sustainable Agriculture and Food Security to learn more about where these problems are occurring and to further research sustainable agricultural practices. Along the way, I would like to try to engage with the public and bring awareness to these pressing issues that we, as a global population, face together.

In my career, I hope to help people develop an appreciation for their food, and to even consider growing whatever food they can, in whatever space they have. Home gardens have enormous benefits and are a great tool for improving consumer food literacy. Consumers who make informed choices are consumers who can drive a more sustainable food system that's fair for all.





GRACE

GRACE SCOTT
3RD YEAR STUDENT

‘Oh, and when you put on the sleeve-length glove, make sure you cover your entire shoulder. I don’t want anyone to get poo on their school shirt!’

Testing cows for pregnancy was when I can pinpoint the exact moment my career interests changed from animals to plants. Living in a suburban area, I had never cared for livestock before. I loved nature, so signing up for an agricultural high school in Baulkham Hills seemed like the (excuse the pun) natural choice. Back then I dreamed of being a vet and helping animals.

I learned quickly that, unlike many of my classmates, I wasn’t strong enough to tackle and was scared of large animals. Unfortunately, in agriculture our practical work was part of assessment and so, not to be defeated, I started a small vegetable garden. I was soon taking home fresh vegetables in my lunch box almost every day. Mum was happy, I was happy, and my agriculture teacher started to notice I was actually pretty good at growing things.

Soon after, my teacher installed two greenhouses and my garden quickly took over one of them. I was now bringing extra lunch boxes to school to take home snow peas, spinach and strawberries. My family nicknamed me Gracie Green because I loved plants and was in the garden so much. I got a job in the garden care aisle at a local hardware store and was fascinated by the way that simple chemistry, such as liming the soil, can interact with plants. I had found my niche and the rest is history.

Fast forward four years and I’m now in my third year of a Sustainable Agriculture and Food Security degree where I have taken a science spin on learning about plants. Science in agriculture makes me excited, because I believe I can use what I’ve learnt to help a lot of people. Currently, I’m undertaking a laboratory experiment looking at how Vitamin A fortified crops may grow better because of their interactions with beneficial soil fungi. I have some ideas on how we can use genetics to make crops use beneficial soil bacteria, so that we might not have to use environmentally damaging nitrogen fertiliser anymore.

In addition to my undergraduate studies at Western Sydney University, I’ve been lucky enough to be awarded both a prestigious Horizon Scholarship sponsored by Cotton Australia and more recently the Sir John Pagen scholarship for Horticulture, which includes a study tour of England where I’ll learn about beneficial soil bacteria and troubleshoot my ideas for future research.

After all these years, isn’t it funny where a love of plants and a dislike of getting your hands dirty can take you?

CAMERON

CAMERON QUILTY 2ND YEAR STUDENT

As an unemployed beach-goer from the Gold Coast, agriculture was not your typical career pathway. I knew nothing about the industry but I needed money and, let's face it, agriculture looked like fun. In my first year I worked on a vegetable farm in the potato grading control room before spending the next three years as a farm hand on a nearby lucerne farm. These were the best learning experiences I had as a young adult.

The skills and awareness I learned in these jobs followed me into my retail career once I moved to Sydney. My attention to detail, logical thinking and teamwork skills were better than most of my colleagues, which was always noticed by my employers. I really valued these aspects of professional development from farming.

When I decided I was ready to pursue study at university I actually applied for photography courses, as this was my passion. Before I sent my UAC form off, I wanted to double check there were no other courses that I might be interested in. This is when I discovered Sustainable Agriculture and Food Security being offered at Western Sydney University.

Already having the experiences of farming in my past, a job that I loved as a young man, I put this as my first preference. I've seen first-hand the way some farming practices can be environmentally unsustainable, but I don't believe this is a challenge that can't be solved. The knowledge and understanding of the complex issues are at the forefront of this fantastic course, arming the next generation of agriculturalists to be the best we can be in a rapidly changing global environment.

Western Sydney University has given me the opportunity to make some amazing connections and develop my professional and social skills. The opportunities offered in agriculture are endless and in my career I hope to be able to develop more sustainable farming methods that do not compromise productivity so that we can continue to provide enough food for the global population.





**MEET
OUR GRA**

EVAN

EVAN JOLLY GRADUATE

Being born and raised on an orchard, I became interested in agriculture from a very young age. I'd spent school holidays working in agriculture and by the time I was 18 I was working full time on a farm. During this experience I saw many hardships in farming, but it was never enough to discourage me from an agricultural career. So, when it came time to pick a university degree, I chose Sustainable Agriculture and Food Security at Western Sydney University.

I had an understanding of farming and agriculture, but the degree encouraged me to learn about agricultural topics I'd never even thought about. By the end of my first year I had gone from being concerned with yield and quality of produce to also thinking about how we should be feeding the world, what practices are sustainable and friendly to the environment, and how to use non-traditional farming methods in large scale agriculture.

My perception of farming had broadened and I'd gained a much wider understanding of the modern day agriculture industry. Wanting to explore this 'new agriculture' further, I undertook a range of extracurricular opportunities at uni. By the end of my degree I'd worked with my local area to improve their access to food, attended a professional conference at Parliament House to discuss topics of food security, run educational workshops at several events for school students, measured and made improvements to a commercial farm's eco-footprint, lead my own research looking into standardising the teaching methods and resources in agriculture classrooms in NSW and hosted events for a sustainable food young activist group - which I helped set up!

These experiences showed me there was so much more to agriculture than farming and by the time I graduated at 22, I'd already been working in agricultural media full time for over three months. My job involves producing 'Leading Agriculture', an e-magazine covering all aspects of Australian agriculture. I also am responsible for the websites: Farming's Future, dedicated to positive messages in farming; Get Farming, Farm Business, Get Small Farms, Get Broadacre, Get Livestock, Get Wineries, Get Farming New Zealand and Get Sustainable.

Through my degree, I hoped I would be able to ease the hardships that farmers face every day and through my current employment, whether it's getting them information they need, sharing a story or giving them a voice, I feel I'm able to achieve this career goal.

GRADUATES

FRANCIS

FRANCIS ARIAS GRADUATE

I often forget the enormous number of experiences and adventures I've had during my time at Western Sydney University, so, when I sit down to write an article like this, I can't help but laugh at the memories.

When I started my degree back in 2013, I knew I didn't just want to go to class and then head home. I wanted the full university experience and spent as much time on campus as possible doing anything from helping out at the Western Sydney University Farm to playing Frisbee on the oval.

At the time, I just wanted to have as many new experiences as I could. Little did I know that by taking this 'all or nothing' approach, I was gaining something far more valuable.

During my second year of study, I became involved in a social engagement program which gave me and other students the opportunity to work with non-profit organisation Youth Food Movement (YFM) Australia. My project team worked in a professional business environment to see if expanding Youth Food Movement to incorporate a chapter in Greater Western Sydney was a viable option. In addition to the professional skills I gained, I'm proud to say that as a result of this work, we now have a YFM chapter run by students at Western Sydney University, providing young people with education on food issues affecting all of us, such as nutrition and food waste. I also took the opportunity as a Western Sydney University student to attend a number of

industry conferences around Australia where I expanded my professional knowledge and networks to further my career.

I think by far the biggest adventure in my university career was the opportunity to go overseas and study for a year at Montana State University in the USA as part of the Western Sydney University Study Abroad program. During this year, I was able to refine my knowledge and skills in the area of cattle reproduction and make some awesome friends along the way. Needless to say, I never thought a degree in agriculture would allow me to travel this far but I was proven wrong time and time again, heading out on field trips across the USA to places like Utah and Washington as well as all around Montana.

My experiences have shaped my professional identity, opening up new career opportunities and allowing me to be a professional before I even graduated. In fact, even before finishing my degree, I was employed full time as a dairy genetics consultant whilst completing my final units of study via correspondence. It is the extracurricular opportunities I took advantage of that allowed me to achieve this and I would encourage all students to go the extra mile and make the most of their time at Western Sydney University.





MEET
OUR ACADEMY

DR ZHONG-HUA CHEN

DR ZHONG-HUA CHEN
SENIOR LECTURER, SCHOOL OF SCIENCE AND HEALTH

I was born in Huzhou – a small city west of Shanghai, China. In my town, traditional rice farming and aquaculture dominated the local agricultural industry. It is from this exposure to agriculture that I chose to pursue a career in agricultural science.

I began my career studying a Bachelor of Agricultural Science at one of the top Chinese universities – Zhejiang University. Following completion of my undergraduate degree, I was fortunate to be selected to participate in a joint PhD program at the University of Tasmania in Australia where I gained my Doctorate. Throughout my postgraduate study I specialised in plant physiology and biophysics research on the tolerance of barley crops to salinity. This interest has since been my focus as a Research Academic, beginning with my work as a postdoctoral research fellow at Glasgow University and Cambridge University.

After spending a number of years in the United Kingdom at these Universities, I travelled back to Australia to continue my career at Western Sydney University. I am currently a Senior Lecturer where I continue to pursue my research in plant physiology

and cell biology. However, my role is not only in the laboratory. A highlight of my career is definitely the opportunity to travel regularly for collaborative research projects with colleagues overseas. I am also the current Academic Course Advisor for the Bachelor of Sustainable Agriculture and Food Security degree at Western Sydney University and the Editor in Chief for an international journal - Plant Growth Regulation. In these roles I am required to work with a broad range of people outside of the research environment and I enjoy developing my career through these experiences.

I would encourage anyone interested in agriculture to consider University study. I have enjoyed a very fulfilling and worthwhile career and I hope to continue developing it during my time as a researcher at Western Sydney University.

ACADEMICS



DR AMELIA COOK

DR AMELIA COOK
LECTURER, SCHOOL OF SCIENCE AND HEALTH

While the job I have isn't what I expected as a university graduate, the original motivation to get me to this point in my career has been a constant. I've always been drawn towards health psychology and behavioural nutrition as a way to better assist people with making dietary improvements that prevent or manage chronic disease.

For my undergraduate degrees I studied a Bachelor of Science (Nutrition) (Hons) and a Bachelor of Applied Science (Exercise & Sport Science). My intention was to take the conventional route and work as a dietitian in a hospital or private practice.

However, the most important thing during university is to always keep an open mind.

During my studies, I volunteered for as many extracurricular opportunities as possible outside of the formal university requirements. These included working with the Cancer Council and travelling to Nepal where I used what I had learned to help patients in a small village hospital. The most pivotal extracurricular activity I undertook, however, was applying for and completing a Summer Research Scholarship. This is where I first became interested in research and found that the research process suited my personality and interests to a tee.

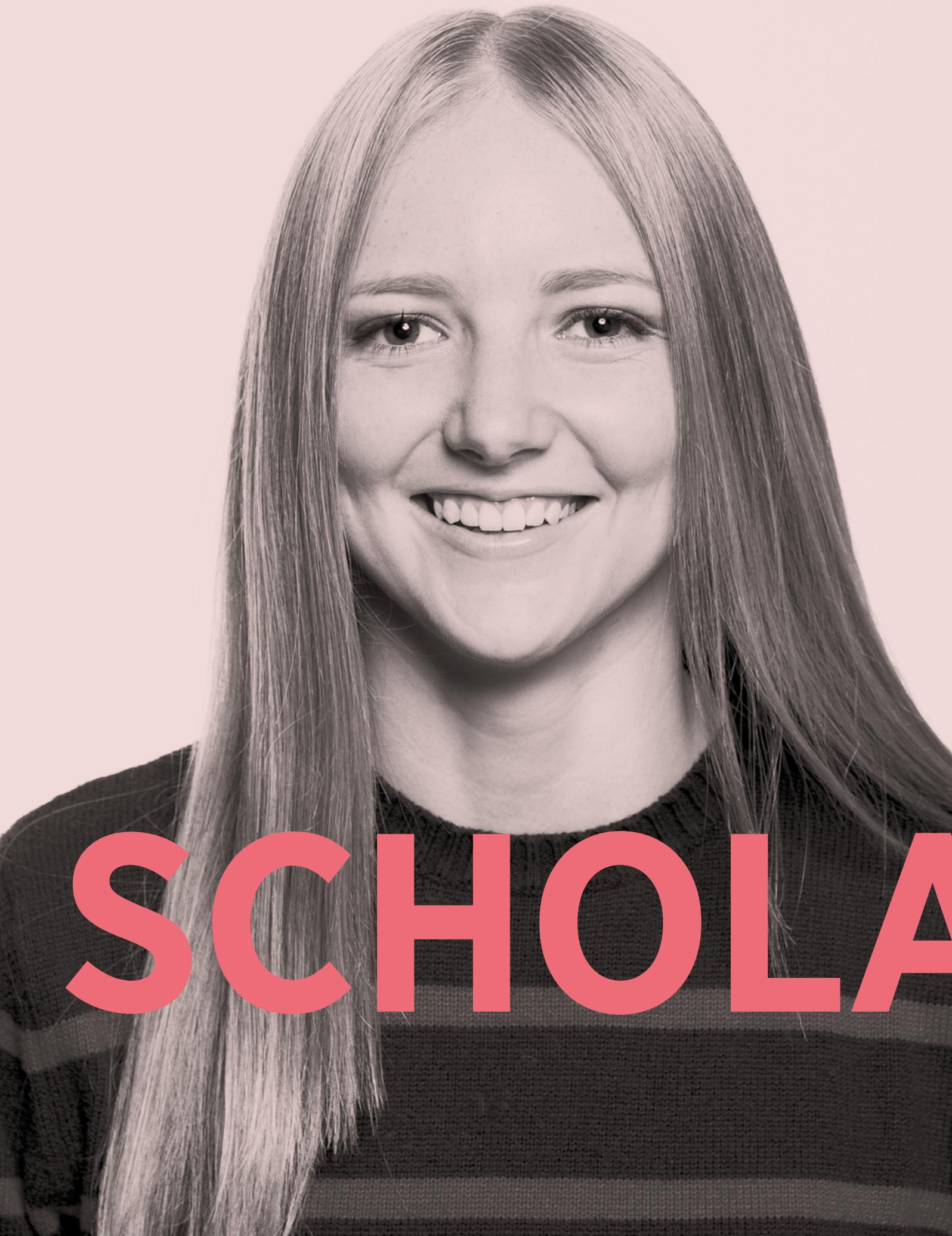
I realised at this point that my career would not be defined by convention, instead it would be unique and constantly evolving. After graduating, I was employed in a number of positions including working as a Remote Public Health Nutritionist in the Northern Territory and as a Research Assistant on a project related to the Australian Dietary Guidelines. From these experiences, I felt that I was ready to pursue my interest of research further and completed a PhD.

I love being able to continue my career journey as an Academic Lecturer of Nutrition and Food Science at Western Sydney University. I'm fortunate to be able to pursue my research interests in the areas of public health nutrition and behaviour change, and share this interest with my students. I also continue my research internationally and have recently returned from conducting a project in India.

Even though public health nutrition research is my passion, I'm really glad that my career has included a breadth of experience from which to draw on in my teaching and research.

That practical work with people, as an exercise scientist and dietitian, means that my research direction and teaching will remain tightly linked to current nutrition issues and can always answer the 'so what?' question.

Think about your future working life as a career, not a job. Pursue your passion and don't be afraid to turn your back on convention. It's your career, make it your own.



SCHOLA

Whether they are used to pay for tuition fees and materials or fund your next extracurricular learning opportunity, scholarships are a great way to enhance your university experience.

Western Sydney University offers a number of scholarships selected on a range of merits. We also like to provide you with information on as many external scholarships as possible including those funded by industry and philanthropic organisations. Take a look at some of the scholarships our Bachelor of Sustainable Agriculture and Food Security students have been awarded and which are available to you!

For more information about scholarships offered at Western Sydney University, visit westernsydney.edu.au/scholarships

WESTERN SYDNEY UNIVERSITY SCHOLARSHIPS RECIPIENTS

Jackson Marlow-Conway (1st year student)
Vice Chancellors Leadership Scholarship
\$10 000 per year for duration of study

Helen Dinh (2nd year student)
Academic Excellence Scholarship
\$5000 per year for duration of study

Megan Hounslow (3rd year student)
HAC Scholarship for Agriculture
\$7500

INDUSTRY SCHOLARSHIPS RECIPIENTS

Grace Scott (3rd year student)
Sir John Pagen scholarship for Horticulture
\$8000 for international study in the field of plants and horticulture

Justin Whittle (3rd year student)
Australian Government
Department of Foreign Affairs & Trade
New Colombo Plan Scholar

Isaac Jones (1st year student)
RIRDC Horizon Scholarship
\$5000 per year of study & industry mentoring

SCHOLARSHIPS



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