**Transcript: Brief question and answer session from the audience**

Core issues discussed:

* Advantages of postgraduate studies
* Volunteer whilst studying

**Paul:** To find yourself a career, you’re better off doing the postgraduate course…

**Greg:** If you want a career you’ve got a whole career, an identity – a Rehab Counsellor. A professional associations to help you, businesses everywhere throughout Australia, it’s all set up.

**Audience:** I was wondering if there are any volunteer positions that you can access whilst still at Uni that would increase our employability.

**Janette:** That might depend on the type of field or area or practice that you might be interested in. For example, there are lots of opportunity to volunteer in health in various ways. Either in health organisations or the larger metropolitan health services. Consumer participation and consumer engagement is a fundamental aspect of health service these days and the same would be in justice – there is lots of opportunity to volunteer through community visitors programs. There is a wealth of volunteering opportunity out there really, the skies the limit. Organisations are crying out for assistance for lots of different tasks in which they do not have to pay a salary.

**Greg:** Probably the best place to go would be to Wheelchair sports people, playing rugby in a wheelchair - they are always looking for people to help out. Like the Para-Olympics, that sort of thing. Everyone’s into sport, we are Australian, we love our sport. There’s lots of sports for people with disability – *Riding for the Disabled*, Horses, that sort of thing.

**Regina:** Just on that, on Moodle today I noticed that it’s Volunteers week and they had a whole list of volunteer organisations so worthwhile having a look at that list and there is quite a few of them here in the northern suburbs as well.

**Janette:** Lots of Disability support organisations are always looking for volunteers to support one on one with community access or perusing recreation activities. They are really great experiences and stepping stones that you will utilise in your career.

**Michael:** I think one of the important aspects too and not to be overlooked is you don’t necessarily have to find a volunteer position in a counselling or allied health setting perse. I think any volunteering you do is going to be good because you are out in the community, meeting people – and more often than not, meeting people who are disadvantaged in some way. So it doesn’t matter what you do, in a way, it’s all going to help you. It’s about professional development but it’s also about personal development. So the skills you learn from doing that make you more rounded and make you more resilient, you see situations that you wouldn’t normally see. So I would say, you don’t need to be so prescriptive. Yes, if you can find volunteering role in an allied health setting – great but if you can’t, it’s not the be all and end all.

**Janette:** Yeah, I totally agree. In the ability to be exposed to as many people as you can and to really be honing your communication skills and building rapport because that’s probably one of the biggest things we do is building rapport with our clients.

**Paul:** I’d like to thank our five panellists for providing valuable insight into Rehabilitation Counselling. Thankyou Michael, Janette, Regina, Greg and Carly. In summary, I think it’s clear that Rehabilitation Counselling is a very rewarding and hands on profession with many opportunities to work in a range of setting with different client groups. There is great opportunity for people to create their own employment path way based on these interests and it’s a profession that has a lot of diversity in your role. Rehabilitation is a growing profession with excellent employment prospects. Thankyou.