

# Bianca is on track to make a change in mental health

**B**ianca is a proud Gunditjmara woman who values community connection and is invested in contributing towards her Mob and continuing to grow in her culture. Bianca is studying a Bachelor of Psychological Sciences, taking the "leap of faith" to return to study during the height of the COVID pandemic when she realised she had spare time at home that she could be using more productively.

After completing high school, Bianca went straight to university as she thought that was what she was meant to do. Six weeks in she realised she wasn't ready so she withdrew and spent several years working in retail and hospitality while completing a personal training course. Then the pandemic hit and Bianca reconsidered her options.

Bianca started her psychology degree with Swinburne Online. After completing many units through online study she attended an event on campus that was held by Swinburne's Moondani Toombadool Centre (MTC) where she connected with other Mob in-person, spoke to like-minded people and also enjoyed

being outside of the four walls of her house. Bianca was hooked on the student life and changed to on-campus study, which she commenced in semester one this year.

Bianca first connected with MTC online. She says the support has always been there when she needed it and ranged from enrolment through to MTC providing her with a tutor. Now being on campus, she has formed new relationships with the MTC team and she said she is very grateful to have them just down the hallway for a yarn. Bianca attributes her success in her studies to the support of those around her: the MTC team, her family and friends. She says the self-drive she has developed helps her to keep going, and the passion for what she wants to get out of the course motivates her to put in the work.

In her free time, Bianca volunteers for Mullum Mullum Indigenous Gathering Place, an opportunity that arose after she was unsuccessful in applying for a summer internship. Swinburne's Aboriginal and Torres Strait Islander

Employment Officer was so impressed with her application that he connected her to the Community Organisation where she helps out with youth group services and puts together food packages.

Bianca's dream job is to write and implement her own programs that help to assist adolescents with behavioural problems and complex disabilities in schools, at home, and through after school programs. Bianca said this age group is often forgotten however it is a crucial time where outside influences come into play and can cause issues.

When asked what advice she would give to Mob looking at studying, whether mature aged or school leavers, Bianca quoted Nike, and said, "Just do it".

"There is nothing to lose when embarking on an academic journey but everything to gain. There is an overwhelming amount of support available to you, believe that you can do it, Bianca said.

If you'd like to have a yarn about your online or on-campus course options, drop MTC a line at [indigenousstudents@swin.edu.au](mailto:indigenousstudents@swin.edu.au)



Proud Gunditjmara woman Bianca is studying a Bachelor of Psychological Sciences at Swinburne University.

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## Moondani Toombadool Centre

Moondani Toombadool Centre is a transformational leader grounded in Aboriginal and Torres Strait Islander knowledges.

Moondani Toombadool Centre offers you ongoing support from course selection right through to graduation. This includes:

- a range of scholarships for Indigenous students,
- tutoring through our Indigenous Academic Success Program,
- a dedicated Indigenous student lounge, and
- social and cultural events throughout the year.

And as Swinburne is a dual-sector university, we have courses ranging from certificate level to PhD – so we can provide pathway options into any area of study that may interest you.

For more information on studying and available support for Indigenous students at Swinburne, please contact the Moondani Toombadool Centre:

✉ [indigenousstudents@swin.edu.au](mailto:indigenousstudents@swin.edu.au)

📞 +61 3 9214 8481

[swinburne.edu.au/moondani](http://swinburne.edu.au/moondani)