



The ReCap

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Co-President's Welcome

Dear ladies,

Starting University may be daunting – with making new friends, exploring campus and figuring out where your classes are. But before long you will be finding your feet and discovering that university has a lot to offer. There are lots of clubs and societies to join, charities to volunteer for, sporting groups to get involved in, the chance to go on exchange, and long summer holidays to go travelling or to do an internship. So make the most of these opportunities.

Now is also the time to start thinking about where you will be once you finish university. It's never too early to start thinking about your career and attending Capital W events is a fantastic way to get started!

Capital W can provide you with the opportunity to discover where your degree can take you; develop essential business skills and the chance to network with professional business women. Our events are also great way to meet new people and forge lasting friendships.

We have a busy year planned ahead so, I look forward to meeting you at our upcoming events!

All the best,
Jessica Hunt
Co-President

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Our Vision

To form a business-related women's club with a reputation for attracting talented female students and equipping them with the skills and networks to become future business leaders.

Our Mission

To advance the career development of women in business through a network of undergraduates, professionals and faculty.

Our Sponsors



Capital W Exec Team 2011



Jessica Hunt *Co-President*

I am ... fourth year Commerce (Accounting/Finance)

Favourite thing about uni ... the diverse range of people and 12 hour weeks.

Tips for balancing uni, work and a social life ... be organised and realistic about the amount of time you will need to complete assignments and tasks.



Priyanka Karunanithi *Co-President*

I am ... fourth year Commerce (Accounting Co-op)

How to fit it all in ... think about what you want from uni. A killer WAM? To be President of a society? To graduate with a decent job? To party 24/7? (not recommended) Or all of the above? Find out what you *really* want, prioritise and work hard. And have some fun along the way too!

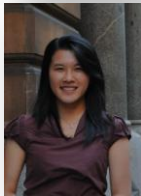


Carone Huang *Vice-President (External)*

I am ... fourth year Commerce (Accounting)/Law

Best advice I have received ... bite off more than you can chew and chew real hard. Despite how odd that may sound, essentially seize all opportunities, refuse to see limitations and wear good shoes so you can hit the ground running ... fast.

Tips to avoid feeling overwhelmed ... make a list (or many...). Nothing is more soothing than crossing things off!



Jessye Lin *Vice-President (Internal)*

I am ... fourth year Commerce (Finance)/Law

I joined Capital W ... to develop personal and professional skills. Capital W has provided me with opportunities to take on leadership roles and has assisted me greatly in expanding my professional network.

If I could do first year again ... I would have definitely applied for exchange as early as possible and asked more questions.



Stephanie Fordree *Treasurer*

I am ... fourth year Commerce (Accounting/Finance)/Arts (Politics & International Relations)

Capital W is special because ... it is smaller than other societies, more focused on helping members improve their industry networks and soft skills. Despite its size, it has strong industry support that makes its events worthwhile and intimate.

Tips on managing co-curriculars ... it's tempting to pick many but pick one, get *really* involved and you'll get more out of it.

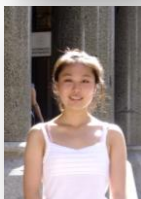


Winnie Tran *Secretary*

I am ... fifth year Commerce (Liberal Studies) (Accounting/Finance & Chinese Studies)

Best advice I have received ... your career is in the best hands ... yours. Really take the opportunity to explore all the jobs out there in the business industry. It'll help you make a balanced decision. Capital W events are a great place to start!

Stand out from the crowd by ... asking intelligent questions rather than speaking just to hear the sound of your own voice.



Jennifer Rah *Executive Officer*

I am ... second year Commerce/Economics (Finance, Econometrics & Chinese Studies)

Best thing about uni ... is the independence. It's daunting at first, but it gives you freedom to control your future, make your own decisions and the satisfaction of knowing you're the reason you are where you are.

Capital W is special because ... of its professionalism and its ability to inspire me to be a future business leader.



Isobelle Iglesia *Executive Officer*

I am ... third year Commerce (Finance Co-op)

I joined Capital W because ... I looked up to the girls in Capital W and I wanted to get more involved in uni.

Balance uni, work and a social life by ... having a positive mindset. Do the things that make you happy.

Stand out from the competitive graduate crowd ... get industry experience by working in an area related to your studies.



Yasaman Naghiloo *Executive Officer*

I am ... third year Commerce (Accounting & Finance)/Economics (Economics)

If I had my first year again, I would ... study hard but study wisely. I was too caught up in getting good marks that I burned out too quickly. By the time finals came up, I couldn't bear to look at another textbook.

Stand out from the crowd ... have your personal goal and follow it. Don't get caught up in comparing yourself to others.

“To build the strongest and most creative teams, we seek to hire new talent - people as passionate as we are about creating long-lasting change.”

Consulting at its best

The Boston Consulting Group (BCG) is a global management consulting firm and the world's leading advisor on business strategy. We support clients from all sectors and regions to navigate demanding business environments.

We grow, you grow with us

To build the strongest and most creative teams, we seek to hire new talent - people as passionate as we are about creating long-lasting change. BCG looks for candidates with motivation, intellectual curiosity, teamwork and leadership capabilities, credible communication skills and excellent academic results.

Women at BCG

BCG believes that recruiting and retaining women is a key ingredient in our value creation. Our Women's Initiative strives to make BCG the pre-eminent place for women looking for a career in professional services. From our Business Partner and Commercial Coaching program for senior women, to our flexible working model for all staff, we are a step ahead in providing a platform for a long-term career in consulting for women.

Learn more

To learn more about BCG, our work and our people please visit our website: www.bostonconsulting.com.au.

Top tips for transitioning from school to university

- 1. Don't be afraid to ask questions**
Always remember that your time at university is a learning experience for you. Seek advice and raise questions whenever you encounter something which is not familiar to you.
- 2. Get as much exposure as possible**
Make a conscious effort to meet new people outside of your degree of study. The more you are exposed to new ideas and new people, the more you'll learn. Why not join a student society or two, and participate in campus events.
- 3. Balance study and your lifestyle**
By having a balanced, healthy diet you will feel better all round and your energy levels will be more consistent.
Participate in team activities, go to the gym or take a walk at lunch time.

“your time at university is a learning experience. Seek advice and raise questions”

Remember that it's only study!

Don't lose sight of the bigger picture in life.

At Ernst & Young, we want to help you reach your potential.

To learn more about our programs, application dates and eligibility, find us on Facebook www.facebook.com/eycareers

Surviving first year university

Let me share with you a piece of advice; first year is important. You might hear people say 'first year is for partying', take it from someone with the value of hindsight, it may seem this way, but it also is a year when you learn the foundations for the rest of your course. It is important you strike a happy balance between your academic life and your social/part-time work life.

One way to help you manage this challenge is to ensure you are organised. Do whatever works for you, whether it is diary reminders, post-it notes, asking a friend to remind you or drawing up a schedule to help you navigate your uni timetable, work load and other personal commitments.

Adjusting to University after high school can be a challenge, so do not be afraid to ask for help. Ask someone who has done the course before, or seek help from University resources (i.e. course advisor, tutor, Careers and Employment, faculty mentor program).

Once you have settled in to University life, it is never too early to start thinking about your interests and what subjects you are good at so you can start researching jobs post University that you may be interested in. Applications for internships generally happen in second year, so it is good to have an idea early on about which employers you might apply to and research the field/direction you want to take.

To find out more about Goldman Sachs and how you can meet our team go to:

<http://www.gs.com.au/graduatecalendar>

Best of luck for Semester one!

Samantha Postlethwaite
Human Capital Management Analyst
Goldman Sachs

Capitalising on Capital W

*You've just stepped onto Campus. There are a plethora of societies to get involved in. What sets Capital W apart from the rest? **Caroline McLaren** who has recently completed her degree at UNSW reflects on the perks of being part of an all female society.*

Discovering far & wide

The variety of companies and industries which I was able to discover thanks to Capital W was incredible. I had the chance to visit and meet people at a variety of companies – everything from investment banks to management consulting. This meant I had much better understanding of the types of businesses and roles available, and from quite early on in my degree, so I could start to make decisions about what kind of career I wanted to pursue.

Putting your best foot forward

Capital W offers some fantastic opportunities for personal and professional development. I'm a big believer in investing in ourselves through constant learning, and Capital W provided some great workshops to do just that. One of my favourite sessions was with Josephyne Oliveri at NIDA, who gave a dynamic presentation on communication.

Sharing the journey

The journey is half the fun, and Capital W offers lots of networking events for sharing it. At various events, I've had the chance to speak with lots of other like-minded young women, which I've always found to be really inspiring and invigorating. It's great to be able to swap stories and hear about other people's experiences - from their epic travels through South America to their intense summer internships – it's fabulous to be able to learn and share together.

Surviving University

You've made it to university and now it's all about making the transition from lunch bells, roll calls and dictated subjects to a school of freedom, flexibility and a completely self-driven education.

Besides the dilemma of choosing a new outfit everyday (I honestly miss school uniforms), the biggest challenges with this newfound freedom are self-discipline and time management.

These two attributes are essential in your new playground. First year is all about networking, building a study routine and getting involved with societies, sports, revues and of course, partying. Balancing these can be hard but the planning, organisation and prioritisation skills you develop in doing so will remain with you for life and prove invaluable as you enter the workforce.

Appreciate this change, meet new people and make the most of new opportunities. Above all, remember to enjoy every moment of your university experience!

Amy Low

UBS Operations Cadet (Class of 2009)

One of the main benefits of joining Capital W is the appeal of meeting like-minded women both on campus and in the workforce, otherwise known as networking. The word networking is very much a buzz. In the most basic sense, your network is everyone you know – and who they know.

Your network is important at every stage in your career from getting your foot into the industry to finding mentors as your career progresses to building client rapport and doing business. Building a solid, genuine network whilst at university will be more useful than any textbook – and remember, it is not just about collecting business cards!

Stephanie Pow

UBS Equity Derivatives

Take Charge of Your Career – A Graduate Perspective

It's your first year at university, and the world is your oyster. Fresh and exciting. You're meeting new people each day, having fun, but wondering how to land yourself that fabulous job in finance.



Here are a few pearls of wisdom to help you on your way:

1. **Start Early.** Research and understand the industry. Are you more interested in trading, M&A, fixed income, origination or maybe funds management? Read industry publications (AFR, Bloomberg, Reuters). Browse company and career websites.
2. **Be Active:** Get involved in societies with industry connections – these are fantastic for networking and meeting people who work in finance.
3. **Develop soft skills.** You'll have plenty of opportunity to develop your technical skills at university, but don't forget to work on presentation and communication skills – these are invaluable.
4. **Experience. Experience. Experience:** Apply for internships, part-time roles, and anything that will provide employment of relevance. This will look great on your resume and give you a chance to truly understand nuances within the banking and finance industry.

Take charge of your career – it's never too early!

Serena Lu

***Graduate, Corporate & Institutional Banking,
Westpac Institutional Bank***

www.westpac.com.au/graduates

Getting Ahead of the Flock

We've all heard it before – there are approximately 2000 students starting your course with you this year. How do you stand out from the crowd? **Jennifer Rah**, Capital W's youngest Executive Officer (she's only in her second year!) reflects on what she thinks made her stand out to the Executive Team 2010 who selected her to be part of the Executive Team 2011.

As an ambitious first year, I was eager to learn about the business world. After all, I only had 4 years (now 3) till I would be thrown into the deep end of the industry. I thought it was about time to pull up my socks and absorb as much as I could, as fast as I could. So as soon as I joined Capital W (after researching various business societies on the internet... I know, very eager...) I attended their events and volunteered to help prepare a few events.

I was very keen and proactive – I put my hand up for any and every volunteering opportunity the club had to offer. If there was anything to be done, I was the first to volunteer for it. I contributed various ideas during discussions, I asked many questions. I think it was also my ability to be self sufficient and innovative – if I didn't get given the information, I searched for it. I learnt equally as much from the internal workings of the Executive Team and from the events and workshops the society held. Before long, the Executive Team invited me to attend their Executive Meetings and I was given greater responsibilities, including organizing an event.

I believe it was my enthusiasm and persistence that made me stand out to the Executive Team. I cherished every moment working with them – I was being handed opportunities, not tasks. When I reflect back on this, it's hard to believe I started out as a volunteer, handing out fliers and lecture bashing and now, I'm in charge of large scale events! I guess handing out fliers was one small step, but it all starts with that one small step.



First Year Welcome Party

Please join us for a **fun, interactive and free** event designed especially for first year students! Refreshments will be served.

Time: 5:00-6:30pm, 9 March 2011

Venue: Dean's Lounge. Level 6 ASB

Places are limited – you must register to attend. Please RSVP to capitalw.team@gmail.com.

Upcoming Events

First Year Welcome Party

Graduate Applications Workshop

Corporate Map Days

Internship Applications Workshop

Annual Dinner

Interested?

Hop onto capitalw.org

to find out more & register!



Join the Capital W team!

Uni isn't just about the degree you get. It's also about your experiences along the way. So let us be part of your experience!

At Capital W, the path to becoming an exec starts with volunteering – helping to organise, market and run events. Executives are selected from the volunteers based on their commitment, professionalism and ability. Get involved! We'd love to get to know you! Hop onto capitalw.org.