



LA TROBE
UNIVERSITY

February 2026

IMPACT UPDATE 2025

Rotary Club of Albury North
Regional Psychology Bursary

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IMPACT



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A MESSAGE FROM CHIEF ADVANCEMENT OFFICER

Dear Jozette

Thank you for making your impact at La Trobe University.

I am pleased to share this update with you, highlighting the very real difference your generosity is making through the Rotary Club of Albury North Regional Psychology Bursary.

Your support helps remove financial barriers, enabling students to make the most of their time at university and focus on building a brighter future.

The student story in this update offers insight into the impact your generosity makes, and I hope it gives you a sense of pride in the role you have played in their journey.

Thank you for your belief in the transformative power of education that not only changes individual student lives but uplifts whole communities.



Margo Powell

Chief Advancement Officer
La Trobe University

ROTARY CLUB OF ALBURY NORTH REGIONAL PSYCHOLOGY BURSARY RECIPIENT

Awarded	Course	Campus
Cara Ross	Postgraduate Diploma in Psychology	Albury-Wodonga

MEET BURSARY RECIPIENT

CARA



Can you tell us a little about yourself and what inspired you to study this course at La Trobe?

I was born in Albury-Wodonga and am passionate about making a positive difference in the lives of people within my community.

I have always loved psychology, beginning from VCE studies and then growing throughout my undergraduate and postgraduate psychological studies with La Trobe University.

I have had so many exceptional role models, lecturers, tutors and colleagues working within psychological and wellbeing fields, they have instilled in me what it means to be a skilled practitioner and the importance of continuing professional development. The flexibility of the Master of Professional Psychology also enabled me to study locally, without having to relocate to a metropolitan area.

What challenges have you faced on your university journey this year?

I have been balancing full time work and study, this takes planning and organisation but it has been going really well. La Trobe staff and my employer have both been very accommodating.

How has this bursary made a difference in your life?

The bursary will assist greatly with attending course intensives in-person rather than online, these are held in Melbourne or Bendigo and occur for two weeks. The bursary will enable me to attend face to face, making the most of learning opportunities as well as building more connections with lecturers, tutors and fellow students.

It will also enable me to take time off from work to complete placement.

What has been the most rewarding part of your studies this year?

It has been great to learn from so many talented, knowledgeable and passionate people about current evidence-based treatments, their professional experience and how best to support our clients.

The integration of lecturers' real-world client experiences, alongside the insights shared by lived-experience speakers has been immensely helpful in consolidating my learning, enriching my practice and increasing my perspective taking.

What are your hopes and goals after graduation?

I hope to become a psychologist with general registration, supporting clients within the Albury–Wodonga community.

My main interest area centres on assessment, formulation and intervention with young people.

What message would you like to share with the donor who made this scholarship possible?

I am incredibly grateful and humbled to have been given this opportunity by the Rotary Club of Albury North. Thank you so much.

Living locally, I see first-hand the many

generous and thoughtful contributions the Rotary Club of Albury North make to our local community. Opportunities like this, enable people to complete their studies, achieve their goals and ultimately lead to supporting the mental health and wellbeing of Albury–Wodonga residents.

It was great getting to meet Jozette and Rodney in person at the awards night to extend my heartfelt thanks. It was also lovely to have Professor Monica Thielking, Dean of the School of Psychology and Public Health in attendance and Associate Professor Heather Downey issuing the award.

GET TO KNOW CARA

What is your go-to comfort food?
Chocolate for sure.

If you could instantly master a new skill, what would it be?

I'd like to learn how to speak French fluently, maybe a new goal post my Masters.

What's a book, show, or movie you could re-watch/read over and over?

Ted Lasso the TV show, good messaging and awareness around

mental health, relationships and wellbeing. It's also entertaining.

Where's your happy place?

I love beaches/the ocean and travel.

If you had to describe yourself in three words, what would they be?

Caring, motivated, loyal.

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5

Golden Lanyard Scholarships
made possible by over 150
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\$66K

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mid-year appeal



600+

donors in our 2025
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