

Video file name: Rose Cox drawing on VET and her life experiences to help shape the lives of others

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Rose Cox (00:22):

So I started cooking well before most of my peers. I was about eight years old. My mum got sick, she developed a rare neurological condition which means she was in a wheelchair and spent a long time in hospital. And during that time I really had to step up and take responsibility for the family, looking after my youngest sister and my dad. And one of the things that I did was I learned to cook.

Rose Cox (00:46):

Once I found out in year 10 that I could do a VET course in hospitality, it really was a no brainer. This is where it all began. I'm thrilled to be back. For me the beauty of studying VET when I was at school meant that I was, you know, employable when I finish school. I came out with a HSC certificate but I also came out with my certificate doing kitchen operation.

Rose Cox (01:09):

When I was in year 11 and 12, you have to do compulsory work experience and I did one of my weeks at the Novotel Darling Harbour. It meant that I was able to gain industry experience very early on because it gave me an opportunity to, you know, showcase my skills and what I've learned.

Rose Cox (01:25):

There can be a lot of concern when you finish school that you may not get the mark that you need to go, and pursue what you want to do. It's not the be-all and end-all. I find that VET is such a great pathway and a stepping stone so, you know, the opportunity is endless.

Rose Cox (01:39):

They actually do the best coffee on campus here. Studying a VET course, doing hospitality has been a great pathway program to get me to where I am studying at Uni today. If you do what you love, it doesn't really feel like you're studying, it doesn't really feel like you're working. It just feels, it feels right and you're just, you enjoy it more.

Rose Cox (01:59)

My story's about inspiring others and I've done that through VET. VET's definitely helped me going the pathway to, you know, change my life and take the best and make the most of it.