

# Newsletter

By Jasmin

## My expectations:

Before starting the program with Lifeskills, I had already heard prior opinions and perspectives about this program, all of which were held in high esteem. I looked forward to meeting the participants and staff at Lifeskills and also the activities we would participate in. Although I was excited, part of me remained nervous as I was unsure of whether the week would go as I expected.

## My week:

Thankfully, the week went as I expected, if not better. It was amazing to have met all the participants and I found myself in many enjoyable conversations over lunch and during the day. Each day was filled with lots of fun activities and throughout the week I participated in Sport, Bingo, Just Dance, Podcasting and Bowling. I loved the atmosphere of Bingo and Podcasting because, unlike in our school classes, the groups were very small and enabled us to have one-on-one conversations. I played Bingo with Christina, Con, Joe, George, Chris and my friends from school; Matthew and Balin. It was great fun to watch Con commentate and announce the numbers, and Christina and I even won the very first round. I did Podcasting with Christina, Carla, Chris, Bianca, Gavin and my friends; Matthew and Ava. I was invited as a guest speaker for Christina's craft podcast; Crafternoon. A highlight of this week was having the Lifeskills participants at our campus.



We gave them a tour around the building before doing just dance. Just dance was really fun and Vasi and Ann were rocking the dance floor. Planning a sport circuit accustomed to the capabilities of the participants was a great learning curve and we feared that the participants would be reluctant to participate. Thankfully, the sport circuit went great, and everyone participated from start to

finish. The sport circuit had to be my favourite day because it was an activity we all got to play together and there was lots of healthy competition. Bowling was definitely an activity we all enjoyed and I went up against Bianca, Sanjesh and Lana. Though I really enjoyed Bowling, I must say I have no talent in the sport, and was utterly defeated by everyone.

Bowling was a great way to end a fantastic week and I loved every second of it. My experience in the Lifeskills program has taught me a lot and I have made many friends that I just can't wait to see in and around the Uni.

- Jasmin