

Rose Cookson

153 Prince Alfred Parade
Newport 2106

0490 335 569
rosecookson57@gmail.com

Personal Summary

Currently I am undertaking the Certificate III in Allied Health at Ultimo TAFE, which I am thoroughly enjoying. In addition, I was fortunate to be selected for a School Based Traineeship at St George Private Hospital, Kogarah and am currently working as a Trainee Assistant Nurse on the oncology ward, alongside my HSC studies at Pittwater High School. I am keen to secure a part time position, working in the Aged Care Industry.

Experience

Trainee AIN, St George Private Hospital, Kogarah

Since Feb 2023, I have been working as a Trainee AIN on the oncology ward at St George Private Hospital. My duties include:

- Assisting patients of all ages with personal care including showering and toileting
- Conducting observations, such as blood pressure, oxygen levels, temperature and blood sugar levels

Work experience at Grace Neonatal Intensive Care Unit, The Children's Hospital, Westmead

- In Nov 2022, I was fortunate to be offered work experience in the Grace NICU. I shadowed lactation consultants and registered nurses as they cared for the babies and their families. Many of the babies were premature with life threatening medical complications.

Volunteer Work

- In June 2021 and 2022, I volunteered at the Cerebral Palsy annual fundraising event, The Grace Gala, each event raising in excess of \$1 million for the Grace Intensive Care Unit at Westmead Children's Hospital treating newborn babies.
- In addition I have volunteered at Cerebral Palsy Alliance Sports Days, events for children with disabilities, specifically playing tailored sports.
- During the 2021 lockdown I sewed tote bags to help women escaping domestic violence. The tote bags are filled with essential products to assist victims.
- Since August 2021 I have coached a group of 7 - 15 year olds on a weekly basis, in fundamental sailing techniques.

Achievements and Qualifications

- I completed the Silver and Bronze Duke of Edinburgh Awards.
- Since February 2020 I have been representing my school and sailing club at multiple different sailing regattas including State and National Championships.
- I have participated in two major sailing development programs to improve my sailing skills and have experience of sailing in Optimis, Bics, Pacers, Flying 11's, 29ers and various Keelboats.
- During my time in High School, I have received multiple academic awards, most notably in English, Agriculture, Science and Technology.

I have completed the following courses/licenses:

- Completion of a Powerboat handling course (Apr 22)
- Holder a Powerboat License (expires 25 Aug 2031)
- Completion of the HLTAID011 First Aid Certificate - 3 Oct 22
- Completion of SheSails Youth Leadership course - 7 Oct 22
- Completion of the Australian Sailing Assistant Instructor course: 12 Nov 22
- Completion of the Australian Sailing Instructor course: 3rd- 4th Dec 22

Education

Pittwater High School

As a Year 11 student, I currently attend Pittwater High School. I participate in many extra-curricular activities for the school including Sailing and Basketball. I am also completing a School Based Traineeship which involves; 1 afternoon a week at TAFE, and 1 day a week working as a Trainee Assistant Nurse at St George Private Hospital. I was pleased to be invited to take the Accelerated Aboriginal Studies Course in which only 22 students out of approximately 200 are invited to apply, I also completed my major work for the course on Indigenous healthcare, which entailed me interviewing a wide range of nurses and other healthcare professionals.