

2025

MA  **A**

**CAREERS
GUIDE**

**Monash Accounting
Students' Association**

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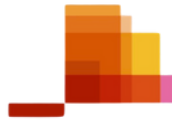
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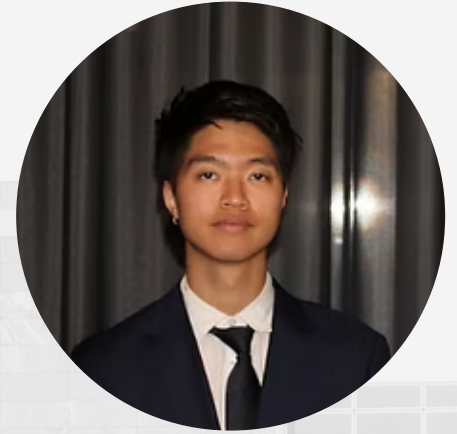
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ACCOUNTANTS & ADVISORS



President's Address



Simeon Kim
2025 President

Hi Everyone !

It is my absolute pleasure to extend a warm welcome to all our new and returning MASA members in 2025. Our dedicated committee members and I are excited to welcome you to an incredible year filled with exciting events and opportunities we have planned.

What is MASA?

The Monash Accounting Students' Association (MASA) is a non-profit, student-run organisation built on a shared passion for empowering students to achieve excellence in their professional and personal journeys. Our mission is to connect you with some of the world's leading accounting and business firms while equipping you with the skills and knowledge to excel in your early career. Whether you're looking to expand your professional network, develop interpersonal skills, or explore opportunities within the accounting field, MASA is here to support you.

MASA's 2025 Career Guide

I know that many of you may feel uncertain about your future - I've been there myself, and that's exactly why we created this guide. It's here to support you in navigating your university journey and preparing for your career ahead. Here, you'll discover valuable insights into the accounting industry, practical tips for making the most of your university experience, and resources to help you succeed in your chosen career path.

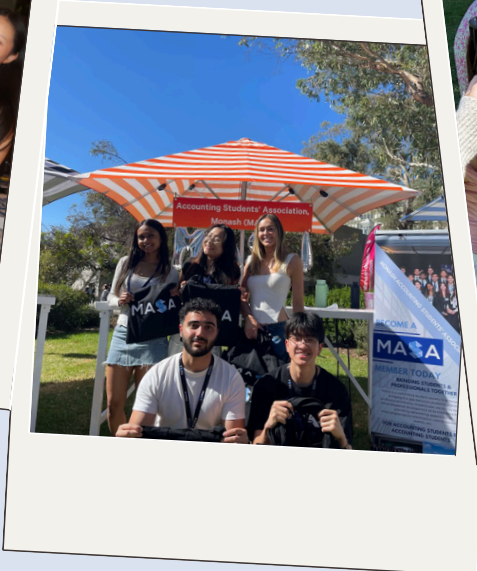
2025 Vision

This year, we're focused on bringing you even more exciting and impactful events. To stay updated on our latest initiatives, connect with us on Facebook, LinkedIn, and Instagram. I encourage you to explore our website for more details about our exciting plans this year!

I look forward to meeting you all, whether it's on campus or at one of our many events. Whether you are a returning member or newcomer, I hope that MASA can play a meaningful role in making your university experience both enjoyable and rewarding.



MEET THE COMM 2025



Our MASA Journey

Sharon Zhou 2025 Sponsorships Officer



My journey in MASA began in 2022 as a General Committee Member, where I had the opportunity to immerse myself in the club's activities and contribute to its initiatives.

Through the encouragement of my peers and my growing passion for the club, I took on the role of IT Director in 2023, where I enhanced MASA's digital presence. Building on this experience, I stepped up as Secretary in 2024, further strengthening my leadership and organisational skills while continuing to support the club's mission.

Being a part of MASA has enriched my university life in many ways, from seeing many smiling faces around campus to making valuable professional connections. It has given me the opportunity to grow both personally and professionally, allowing me to collaborate with like-minded individuals, develop leadership skills, and contribute to a community that fosters learning and career development.

Cherry Cao Publications Director



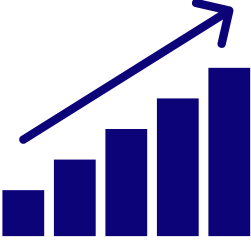
Being part of MASA has been one of the most rewarding and memorable experiences of my university journey. I began my role as a Publications Officer in 2024, and it was a transformative year that has allowed me to grow both professionally and personally.

Through MASA, I've gained invaluable skills that have not only shaped my role as a publications officer but will also be vital for my future career. The position provided me the chance to collaborate with a close-knit, like-minded team, where we combined our creativity and shared passion into creating content that aligned with MASA's mission to bridge the gap between students and professionals.


Going into 2025, I can confidently say that MASA has helped me develop essential skills, ready for me to take on a leadership position. I look forward to seeing my contributions directly impact the club's success, and forging new meaningful connections along the way.

Pre-Penultimate Programs

As a first-year student, there are a plethora of pre-penultimate programs available that go beyond the coursework, and help students gain practical experience and opportunities to apply their skills whilst also being able to network with professionals.



Many leading firms, including the **Big 4**, offer programs designed to expand students' knowledge beyond theoretical learning. These initiatives provide excellent networking opportunities and workshops aimed at developing professional skills, while also allowing students to explore potential career paths, both within the company and beyond. Notable examples include EY's Game Changers Club, EY's Career Compass Program, KPMG's Foundation Program, and Deloitte's Insider Program.

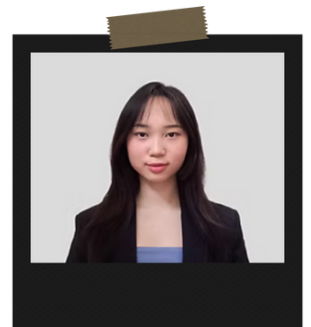


For students seeking to explore specific industries or service lines in more detail, **virtual internships** present another valuable option. Typically completed in a few hours and at one's own pace, virtual internships allow students to gain hands-on experience from the comfort of their own home. Forage is a particularly useful platform, offering free job simulations and a wide range of virtual internship opportunities with top companies, all accessible at no cost.

EY's Game Changers Club

"EY's Game Changers Club is a comprehensive program that offers a series of interactive workshops and informative lectures on a broad range of topics. My time at EY provided me with an opportunity to network with professionals, gain deeper insight into the diverse service lines they offer and build new relationships with fellow students. It provided valuable preparation for assessment centres; interviews, case studies and a better understanding of different service areas.

What particularly stood out to me were the numerous opportunities to engage in Q&A with EY representatives in a personal and group setting, which facilitated deeper learning and relationship building with EY associates. It allowed me to learn more in depth about service lines in EY, which can be difficult to fully grasp through online resources. Speaking directly with associates revealed valuable insights that are not readily available to the public. Overall, I thoroughly enjoyed my experience, and would highly recommend these programs to pre-penultimate students as they offer an opportunity to expand your understanding of different companies and their service lines, whilst also enhancing your skills in areas such as case studies."

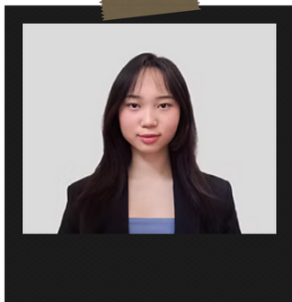


Natalie Fong - MASA Events Officer 2025

Pre-Penultimate Programs

EY's Career Compass Program

"The EY Career Compass Program provides an excellent opportunity to gain deeper insights into EY and what it's like to work there. During the program, I had the chance to interact with EY associates from various departments, engage in interactive skills sessions, and learn about the firm's operations. Additionally, the program allowed me to refine key professional skills, such as enhancing my CV, LinkedIn profile, written responses, and interview techniques. This program also serves as a valuable pathway to securing an internship or graduate role at EY.



As a result of participating in this program, I was fortunate to receive an internship offer for the upcoming year in Core Audit. This internship will provide me with hands-on experience in the professional industry, allowing me to apply my academic knowledge in a practical setting. Furthermore, I had the opportunity to meet like-minded students during these events, creating a supportive network where we can help each other navigate our career paths."

Natalie Fong - MASA Events Officer 2025

Tips from Natalie for the assessment centre

➤ **Build Relationships:** Take the opportunity to connect with the individuals you meet, whether they are fellow students or company associates. Establishing positive relationships can help you feel more comfortable and enhance your networking experience.

➤ **Collaborate Effectively in Group Tasks:** During the case study, it is crucial to work cohesively with your team. Collaborating effectively will not only help you solve the problem at hand but also demonstrate your ability to function well in a group setting.

➤ **Implement Analytical Frameworks:** Consider applying frameworks such as SWOT analysis to assess the case study. This structured approach can help you evaluate key aspects of the situation and present your findings logically.

➤ **Maintain Professional Demeanor in Interviews:** While interviews may sometimes feel like casual conversations, it's important to remain professional and poised. Keep in mind that this may be the first impression you make, so balancing a relaxed attitude with professionalism is essential.

➤ **Prepare for Common Questions:** Be ready to respond to typical motivational and behavioural questions. Reflect on your experiences beforehand and ensure you are comfortable discussing them confidently and consistently, accompanied by positive body language.

➤ **Use the STAR Method:** When answering interview questions, use the STAR method (Situation, Task, Action, and Result) to structure your responses clearly and effectively. This technique helps you provide detailed and concise answers that highlight your skills and experience.

Undergraduate Opportunities

While at university, it is common for students to pursue casual or part-time employment that aligns with their career interests. Numerous companies offer undergraduate opportunities, enabling students to gain exposure to various aspects of their chosen field before committing to a full-time graduate role.

Undergraduate opportunities, such as part-time positions within fields of interest, typically involve students working 2-4 days per week while pursuing and balancing their academic commitments. A diverse range of programs, including internships, trainee schemes, undergraduate placements, and exchange programs, offer students valuable real-world experience. These opportunities not only enhance a resume but also provide access to a broader professional network and a wealth of resources, which can serve as key differentiators in a competitive job market.

Examples of Opportunities

- ▶ PwC Trainee
- ▶ Pitcher partners Co-Op
- ▶ NAB Summer Intern Program
- ▶ ANZ Summer intern Program
- ▶ Industry Based Learning (IBL)

Part-time accounting employment

"I have always been interested in the accounting profession and exploring the various opportunities within the field. Although I did not follow a traditional pathway or program, I made the most of MASA's PSE event by engaging with recruiters and inquiring about potential opportunities that suited my circumstances. Following the event, I proactively reached out to several firms via email and continued the application process from there. Ultimately, I was offered a part-time accountant role.

Through my role at the firm, I have gained valuable practical skills and a deeper understanding of the industry. For instance, working in business services and tax has provided me with knowledge that is highly relevant to everyday life. I particularly appreciated how the position allowed me to apply theoretical concepts learned at university to real-world situations, offering a practical experience that complements the more theory-based approach of university studies. This experience has served as an excellent bridge between academic learning and professional work.



Eric Imm - MASA Events Officer 2025

My perspective on accounting has also evolved. Initially, I perceived the industry as quite isolated; however, I was pleasantly surprised by the diverse opportunities and complexities within the field. It became clear to me that there is always more to learn and qualifications to achieve in order to continue progressing in the profession."

TIP from Eric!

Make the most out of networking events such as MASA's Professional Services Evening in addition to any other networking opportunities you attend. Take the opportunity to connect with as many people as possible and ask questions that are specific to your circumstances. Everyone is very approachable, so don't hesitate to engage, there is much to gain from these interactions!

Penultimate Opportunities

A **vacationer program** is a short-term employment opportunity designed for students in their penultimate year of study. For students seeking to gain industry experience, build employability skills, form work connections and expand their network, these programs are ideal for you.

As a vacationer, students will have the opportunity to gain insights into your chosen firm, work closely on client projects and create meaningful relationships with like-minded colleagues in addition to associates of the company.

This program is offered by **most business and accounting firms**. It is held during university holidays, such as the mid-year (June-July period) or summer break (November-January period), and are typically **4-8 weeks** in duration.

What do vacationer programs offer?

Valuable Industry Experience and Practical Insights: Vacationers gain hands-on experience in a real-world business environment, offering valuable exposure to industry practices and operations.

Exposure to Various Service Lines: Many vacationer programs allow students to gain exposure to different service lines within a firm such as audit, tax, consulting or advisory. This gives students the opportunity to explore multiple areas, helping them make more informed career decisions.

Development of Professional Skills: Participating in various tasks and projects enhances essential skills such as communication, teamwork, problem-solving, and project management.

Networking Opportunities: These programs provide an excellent platform for students to build relationships with professionals all across the firm. They have the opportunity to network with senior professionals, members of different teams, and other vacationers, which can lead to valuable mentorship and career opportunities in the future.

Potential for Ongoing employment and Industry References: Successful vacationers may be considered for future job opportunities within the company or receive strong references for their contributions, which can be valuable in securing full-time employment post-graduation.

Possible remuneration: Financial compensation is often provided, acknowledging the efforts and dedication of vacationers during the program.

Frequently asked questions

When do applications open?

Companies typically open applications a few months before the program start date, often during the mid-year or late semester.

What responsibilities do vacationers have?

Vacationers are generally expected to contribute to the work of their assigned team. Responsibilities may include attending meetings, preparing presentations, organising documents, and actively engaging in bonding events with fellow vacationers. These interactions are essential for building relationships and expanding your network within the company.

How should I go about preparing for the application process?

To effectively prepare for the application process, ensure that you highlight relevant work experiences and significant achievements. Conduct thorough research on the firm and clearly articulate well-informed reasons for your interest in the program. Emphasise how your personal interests and career goals align with the specific service lines offered by the firm.

Graduate Programs

A **graduate program** is a well-structured initiative, typically lasting one to two years, designed to provide comprehensive training, mentorship, and support to individuals beginning their professional careers.

This program presents an exceptional opportunity for graduates to launch their careers in their chosen field, offering invaluable guidance and pathways to further develop and refine their skills within a genuine and professional work environment.

Applications for graduate programs typically open during two key periods each year: from February to March, and from July to September. Successful applicants will have the opportunity to commence their graduate program with their selected firm the following year, either at the beginning of the year or mid-year.

What do graduate programs offer?

Comprehensive training and support: Graduate programs provide comprehensive, structured training that equips graduates with the practical skills and knowledge necessary for their chosen field. This training often includes both technical and soft skills development, ensuring that graduates are well-prepared for a wide range of professional tasks.

Mentorship and guidance from industry professionals: Graduates are typically paired with experienced professionals who guide them through their early career stages, offer advice, and provide feedback on their performance. This mentorship is invaluable for personal and professional growth.

Networking Opportunities: Throughout the program, graduates have the chance to build relationships with colleagues, mentors, and industry professionals. Networking opportunities often extend beyond the company, through industry events, conferences, and workshops, which can open doors to future career prospects.

Career Progression and Pathways: Graduate programs are often seen as a pathway to permanent employment with the company, as many firms hire graduates who complete their programs successfully into full-time long-term roles. Programs can also offer exposure to different areas, allowing graduates to explore various career pathways.

Frequently asked questions

- What are the eligibility requirements?**

Graduate commerce programs are typically open to individuals who have completed a relevant undergraduate degree in commerce, business, economics, finance, accounting, or a related discipline. Some programs may have additional requirements such as a minimum WAM or relevant work experience, though this varies by company.
- What kind of work will I do during a graduate commerce program?**

The work you'll be involved in will vary depending on the program and the company. It typically includes client projects, financial analysis, reporting, research, and collaboration across different teams and departments. Many programs also involve rotations, allowing you to experience various facets of the business (e.g. audit, advisory, tax, risk management).
- How competitive is the application process for graduate commerce programs?**

The application process can be highly competitive, as graduate programs in commerce often attract a large number of applicants. It's essential to showcase your academic achievements, any relevant work experience (such as internships or part-time roles), and extracurricular activities that demonstrate leadership and teamwork.

Service Lines



Audit and Assurance

This service line involves auditors examining financial statements to ensure compliance with the Corporations Act 2001 and Australian Accounting Standards. The concept of assurance is closely associated with audits as it reflects the level of confidence or reliability that the auditor's conclusion provides to users of the company's financial statements. By gathering evidence through investigation and analysis, auditors confirm statements are accurate, ethical, and present a true view of the company's financial position. This service is vital to prevent deceptive practices, ensure adherence to standards, and protect users from misleading or unreliable information.

Types of Audit and Assurance services include: internal, external

Student Experience

“Working at KPMG’s External Audit and Assurance Team, I learnt a lot about the audit practices, software and interfaces that KPMG uses along with lots of excel skills too. I also did a lot of coffee catch-ups with professionals from other divisions within KPMG to learn more about what their professional journey has been like and what their service line does. KPMG has lots of training and up-skilling workshops too such as on PowerPoint skills and personal branding which helped me gain lots of insights too.

I have a much clearer picture into how large accounting firms work and their organisational structure too. I also gained lots of invaluable insights about the different service lines too which helped me gain confidence in which service lines I would be interested in doing as future career.”



Le-Ann Lim
2025 IT Officer



Service Lines



Consulting

This service line is defined by a third party providing their knowledge, expertise and skills on a certain matter to an organization or individual in order to provide a solution to ultimately improve the efficiency of operations as well as increasing profitability for the organization or individual. They are required to consider key information about a project to perform preparations, planning and analysis to lay out various options of solutions to conclude to a final recommendation.

Types of Consulting services include: Strategy Consulting, Management Consulting, Operations Consulting, HR Consulting, IT Consulting

Student Experience

"I chose to pursue management consulting because I had a diverse range of interests across various industries and capabilities. Additionally, I was looking for a role that offered opportunities to try new things constantly, including travel and engaging work experiences. During my time at university, I was fortunate to have a strong network of older peers who were already working as consultants, who shared insights about their roles and the opportunities available in the field. These all helped me in seeking out strategy roles in my grad year, where I eventually found Oliver Wyman!

The challenging nature of the role has enabled me to grow in all aspects of a junior analyst. I've also been fortunate enough to travel within this role both domestically and internationally on projects, trainings and firm parties!

I think one of the most important things for me is working with bright, genuine and social people that can you can bond and enjoy spending time with outside of an office setting. I've formed some life-long friendships from MASA and gained insights into different industries and roles.

I would suggest anyone interested in consulting to start now! The role doesn't require any specific degrees, you just need problem solving and communication skills and an eagerness to learn and grow."



Jessica Santoso
2023 HR Director



Service Lines



Financial Advisory

This service line involves providing strategic advice on a client's financial situation in order to ensure their financial success. This can involve creating financial plans, managing company assets and wealth, developing forecasting and budgeting strategies, supporting clients through mergers and acquisitions (M&As), and or assisting with business restructuring. Ultimately this leads to clients making profitable and secure financial decisions, improved client relations and maintaining standards to industry trends

Types of Financial Advisory services include: Mergers and Acquisitions Advisory, Restructuring, Asset Management, Economics.

Student Experience

“Initially, I was mostly interested in the M&A aspect that this line has to offer as I’ve always loved the technical nature of the work and working under pressure.

After I began to learn more, I quickly became fascinated by the dynamics of the energy market and the various acquisitions that occur within it.

I think that this internship at PWC will be vital to my future career. In merely three weeks, I have already learnt so much that I didn’t know about this industry and field. The soft skills that I have to exercise will be applicable to all types of jobs. I believe that I will be able to leverage this knowledge whatever path my career takes me.”



Mark Bernstein
2025 HR Officer



Service Lines



Tax and Legal

This service line contains work surrounding the changing tax and business environment especially their legislations and regulations across the world. They inform clients of their tax and legal obligations to ensure that they can continue operating as well as being able to identify certain opportunities. These can involve identifying credits and incentives, tax asset planning, operation model planning, indirect taxes and new possible regulations.

Types of Tax and Legal services: Corporate Tax Advisory, Indirect Tax, International Tax, Trade and Customs.

Student Experience

"I was interested in tax more broadly because it is a good intersection between law and commerce. Tax is very analytical which allowed me to utilise the legal skills that I had practised, outside of working directly at a law firm.

Further, international tax was appealing to me because it also gave me insights into the broader global tax landscape, including new reforms such as Pillar Two. International tax also serves a vital role in the deals process for large international firms and businesses that either want to invest in Australia, or overseas.

Working in this service line gave me a greater understanding of the deals pipeline and the level of complexity involved in large scale transactions. Working at Deloitte was an invaluable experience both personally and professionally.

Never having worked a corporate job, it was my first glimpse into corporate life, and one that I enjoyed thoroughly."



Kieran Teoh
2025 HR Director



Service Lines



Finance

This service line facilitates the provision of financial and banking services and products to its clients. They work extensively in managing capital and liquidity to ensure the institution's stability and the client's financial goals are met. This involves assessing market conditions, evaluating investment opportunities, managing interest rate risks and structuring debt and equity solutions to meet client needs. Ultimately, finance professionals serve as trusted advisors, delivering customised strategies and fostering strong relationships to help clients achieve their financial objectives.

Types of Finance services include: Corporate Finance, Banking

Student Experience

"My interest in pursuing a career in the banking industry partly stems from the fact that I majored in finance at uni.

Over the last couple of years, I've come to appreciate and grow a passion for the practical knowledge I've learned regarding market trends, the economy, investment strategies and more.

From working at Macquarie, I've gained a deep appreciation for cultivating a strong sense of community within the workplace. I've been really lucky to be a part of a team of open, diverse individuals who have gone out of their way to make me feel welcome and have pushed me to improve and grow myself both professionally and personally in such a short amount of time."



Cailyn Vo
2024 President



Service Lines



Risk and Compliance

This service line entails ensuring stable business performance against changing regulatory environments, and emerging risks that challenge traditional strategies and assumptions. Achieved through risk management which is a process for identifying, categorising, assessing and creating strategies to minimise risks that could deter client operations, risk and compliance officers also ensure that there is a level of adherence to standards, laws and regulations. Hence, they are vital for protecting organisations from legal, financial and operational risks while promoting sustainable business practices.

Types of Risk and Compliance services include: Risk Advisory,
Compliance Advisory



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CA ANZ

Career Flexibility

A career in business can be incredibly diverse with a variety of opportunities – not restricted to a specific role, company or service line – including the ability to work abroad.

Consider studying the CA Program after you graduate as it can give you the flexibility to work across many organisations including Big 4, government, corporate sector, mid-tier accounting firms, not-for-profit and small-to-medium accounting practices.

Find out more on how to become a CA:

youunlimitedanz.com/about-ca/how-to-become-a-ca

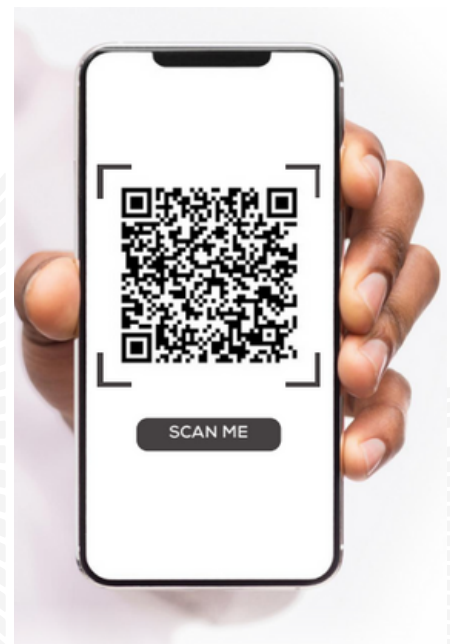
Take the first step and start your own personal journey towards becoming a difference maker of tomorrow by signing up as a student affiliate.

Our student affiliate offering exists to help you to gain a better understanding of business and accounting to inspire you to pursue and achieve your career goals.

You will receive monthly eNewsletters to keep you up to date on graduate, cadetship and intern roles, upcoming networking events, study tools and advice from industry professionals.

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Student Resources

INTERNATIONAL STUDENT EXPERIENCE

Studying abroad often presents international students with an intricate and complex application process, emphasising the importance of seeking proper guidance and support. Below are some tips to help start navigating this process!

Plan Ahead

1

If your goal is to pursue a career abroad, it is important to **research the industries and companies** that you are interested in. Find out if these companies are open to hiring international students, and **gain a deeper understanding** of the qualities they seek in their employees. This can be done by **connecting** with current employees, attending career fairs and events that allow you to connect with company representatives.



Application

2

The process of applying to study abroad can be quite daunting. However, seeking guidance and reassurance through **education agents** can prove invaluable. Monash education agents are trained to **best assist international students** with the whole process including:

- Discuss which **course is best suited for you**
- Understand the **entry requirements**
- **Apply** to Monash
- Organise **Documents**
- Arrange your **visa**.



To **self-assess your admission eligibility** for studying abroad, follow this link <https://priorstudy.monash.edu/prior-study/>.

Integration

3

To help you **better transition** into university life, Monash encourages you to join **clubs and societies** that improve both your personal and professional development. Joining clubs and societies fills your university life by finding shared interests, building friendships and developing a network that can assist you in both your **character and career development**.

<https://clubs.msa.monash.edu/joinnow/clubs-and-societies/>



Working Rights

4



For international students, it is important to be aware of the **restrictions** and work **rights** associated with a student visa. Understanding these guidelines is crucial to protecting yourself from exploitative work practices. This information is readily available on **government websites** and Monash student services. For more information, please visit: <https://immi.homeaffairs.gov.au/visas/getting-a-visa/visa-listing/student-500#About>



INTERNATIONAL STUDENT STRUGGLES

1

Culture



Adjusting to a new environment and culture is undoubtedly challenging. Embracing different customs, traditions and social norms may feel overwhelming at first, but the experience is ultimately rewarding. By carrying an open mind, welcoming new experiences and embracing the diversity around can help build meaningful connections and adjust to the local culture.

2

Work Experience



As you progress in your career development, you will eventually consider gaining work experience and internship opportunities. It is important to be aware that some companies may impose restrictions on opportunities available to international applicants, and government restrictions may present challenges. However, with persistence and optimism, international students can still find meaningful and fulfilling opportunities to nurture their skills in their desired fields.

3

Health



While living in a new country can be exciting, there may be times when one's health and well-being are affected. Though there are health services provided by Monash, it is highly recommended that international students purchase health insurance to cover any unforeseen medical costs. It is important to understand the coverage and benefits provided by the insurance plan to prepare for any health-related situations that may arise.

Mental Health Services

The Wellbeing Hub at Monash offers an **inclusive and calming environment** with tailored mental health support and resources. It is open from **9:30am to 4:30pm, Monday to Friday**, located in Campus Centre next to the MSA Must Theatre. The Hub provides **free of charge** services to help students improve their mental health and overall wellbeing.

Monash offers **mental health programs** and resources that encourage students to learn about common mental health issues, and how to assist others going through difficult times. These include:

- Social Anxiety Group Program
- Managing Worries and Rumination Group Program
- Thriving Under the Spotlight
- Study Skill Program
- Better Friends Training
- Changing Minds



Counselling at Monash offers both **in-person and online** consultations that are both **confidential** and **free of charge** for Monash students. It is located at **21 Chancellors Walk** and is open from **9am to 5pm, Monday to Friday**.

To book an in-person appointment, call (03) 9905 3175.

To access counselling help online, fill out this request form

https://docs.google.com/forms/d/e/1FAIpQLSeWFKguXDx_Mn9wE93-GrhTmMLTe1sbnT_f8CIV28Q5zUWzDw/viewform.

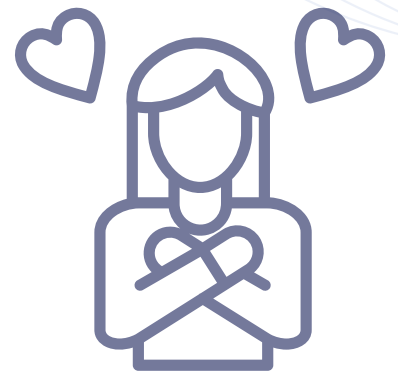
For emergency health services, contact the ambulance on 000 when required, or campus security on 03 9905 3333 for assistance.

Prioritising Mental Health

The transition to university brings about numerous challenges, however, the most important is to prioritise mental health. In this guide, MASA will explore practical approaches to help you maintain a healthy balance between academic pursuits and your wellbeing, fostering resilience and laying the foundation for a successful and enjoyable university experience.

1. Self Care Routine

Establish a regular self-care routine that includes activities that bring joy and relaxation. This can include exercise, meditation, reading, or any other activity that helps you unwind. Allocating time for self-care helps reduce stress and promotes mental well-being



2. Open Communication

Foster open communication with friends, family, or a mental health professional. Sharing your thoughts and feelings with someone you trust can provide emotional support and alleviate the burden of carrying everything on your own. Professional therapists can offer valuable insights and coping strategies.



3. Healthy Lifestyle Choices

Prioritise a healthy lifestyle by focusing on proper nutrition, regular exercise, and sufficient sleep. Physical well-being is closely linked to mental health, and maintaining a balanced lifestyle contributes to improved mood and resilience against stress.



4. Set Realistic Goals

Establish achievable and realistic goals for yourself. Break down large tasks into smaller, manageable steps. This can help prevent feelings of overwhelm and boost your confidence as you make progress. Celebrate achievements, no matter how small, and acknowledge that it's okay not to accomplish everything at once.



5. Boundaries and Time Management

Establish clear boundaries to manage stress and prevent burnout. Learn to say no when necessary and prioritise tasks based on importance and urgency. Effective time management can contribute to a sense of control and reduce the likelihood of feeling overwhelmed, allowing you to focus on activities that positively impact your mental health.





Professional Development

Resume Writing

Your resume is your first impression — make it count. Keep it concise, ideally no longer than one page, and ensure that formatting is clean and consistent. Highlight your education, key achievements, internships, and relevant coursework. Use bullet points to emphasise responsibilities and outcomes, quantifying achievements where possible. Tailor your resume to each job, focusing on the skills and experience most relevant to the role.

LinkedIn Presence

A polished LinkedIn profile can open doors to networking and job opportunities. Ensure your profile picture is professional, your headline reflects your career aspirations, and your summary highlights key accomplishments and goals. Regularly update your experience and skills, and don't hesitate to request recommendations from peers, mentors, or supervisors. Share and engage with industry content to demonstrate your interest in the accounting field and stay on top of trends.

Application Process

Each application requires careful preparation. Research the company thoroughly, understanding their values, clients, and recent developments. Customise your cover letter to demonstrate how your skills align with the specific role and company culture. Attention to detail is crucial—double-check for typos or inconsistencies before submitting your application. Many firms use Applicant Tracking Systems (ATS), so incorporate keywords from the job description to increase your chances of selection.

Interview Advice

Interviews are an opportunity to showcase your personality and problem-solving abilities. Practice common behavioural and technical questions in advance, and prepare examples using the STAR method (Situation, Task, Action, Result) to demonstrate your competencies. Dress professionally, even for virtual interviews, and maintain good eye contact. Don't forget to prepare insightful questions to ask the interviewer, as this demonstrates genuine interest in the role.

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