



MERCY COLLEGE ALUMNI

First Year Out -Thoughts and Messages

Class of 2019

*In celebration of your first year
as Mercy Alumni
1st September 2020*

Lakeisha Fosbender-Kotsalis

It was special connecting with my classmates to see how they are and what's been going on in their lives. I have not spoken to them as frequently as I did back in high school. It's great to stay connected to maintain that friendship.

COVID has impacted my studies quite a bit. I am studying a Bachelor of Forensic Science, and being science based and hands-on, a lot of my practicals that would have happened on campus can no longer happen. It is extremely difficult to do such practicals online. In terms of family, it has not impacted me that much but I do really miss going out with my close group of mates like we used to do before lockdown was set in place. It's not the same having to do things online, I prefer physically catching up with friends of mine. Due to the circumstances of this virus, finding a job has become increasingly difficult.

If I were to give one piece of advice to current students, it would be just to take time for yourself and don't stress yourself too much. I stress out a lot but I've learnt that if you take time to chill and relax and prioritise, you tend to get more done. Also don't be too hard on yourself. As long as you know you are trying your best that's all that matters.



Theodoula Vorenas

It was great to see and hear about how my peers have spent their time post Mercy College. I believe that in such an unsettling time it is important to rekindle old friendships and to check in with one another. It was good hearing from some of my teachers and finding out how they have adapted to remote learning.

The COVID-19 Pandemic has impacted my studies as I am now completing my degree remotely from home. Personally, I do not mind this as I do not have to travel to my university. I also feel like there is greater flexibility in relation to the completion of tasks. I have also used the COVID-19 Pandemic as an opportunity to help others. Particularly VCE students through my Youtube Channel whereby I create free tutoring videos for students across the state.

I would tell current students at Mercy College to continue persevering despite the transition to remote learning and encourage them to offer their peers support and kindness. I would tell Year 12 students in particular to continue trying their best because they will only ever have one VCE experience and to make it a year that they will look back on with pride. As well as this, they should take time to focus on their mental health and their wellbeing.





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Hi Ladies!

What was it like catching up with your school friends and teachers?

How has the COVID-19 Pandemic impacted your year?

What advice would you give current Yr12 students?



Dounia

Loved catching up with the staff and students!!
Covid has impacted my studies, mainly remote learning, however I still get to go in for practical classes once a week. I'm an essential worker (Coles) - so I am still working! It's impacted family life- I haven't seen my cousins/ aunts and uncles in sooo long (we usually see each other like every day).
Coming from someone who stresses out way too much, my advice would be not to let yourself stress out heaps - just put in the effort, prioritise your time efficiently, ask questions (can't stress this enough) and give yourself some time to breath!!!!

Annastasia

It's great seeing everyone.
Covid has impacted my studies as learning online is something I've never prepared for and the social aspect of school is something I relied on as a coping support system. Yr12's - Don't pressure yourself so much and give yourself credit.



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Reta

It was good just catching with everyone and seeing how they are since so much can change in a year COVID-19 Hasn't impacted me in terms of with studies and family and work wise but with friends it's hard to catch up and stay in touch with Enjoy every moment it can be stressful but enjoy spending time at school

Cassandra

Everyone's has gone down different paths and all doing different things compared to a year ago. Haven't seen my friends in like half a year, online school is nowhere near as good as on campus face to face learning, family life hasn't changed we're all essential workers and we all still work Don't stress about the exams, try your best but most importantly enjoy your last year, because you don't get a chance to do it again.



Mercy College

2019

YEAR 12



Back Row: Jayna Perakh, Krstel Petrevski, Ivanna Govic, Kelsey Mills, Cassandra Sadler, Chloe Hocking, Ellie Adams, Sienna Strachan, Alannah Frattasio
5th Row: Flomena Spataro, Laura Russo, Melissa Koulis, Tayla Ferreira, Krystal Sulman, Reta Khawajeh, Dounia Assaf, Ivana Grande, Rose Dagher, Mia Mrozka-Mundisova
4th Row: Ms Lucy Neylan, Olivia Caputo, Daniella Nissan, Roshane Nachar, Nirvighna Thungathurthi, Leah Paradise, Nancy Iosifidis, Marta Koko, Alyssa Melia, Mary Rosalia, Pia Taylor, Chiara Guarino, Ms Madeline Carrabella
3rd Row: Ms Maria Carinci, Alyssa Pennacchia, Odin Dawod, Ashley Richards, Sara Lyon-Theodolou, Yasmine El Mousawi, Alice Rossi, Christina Hermez, Laura Viola, Georgia Dupuy, Salena Youssif, Ms Ellen Ryan, Ms Jemimah Ind
2nd Row: Ms Key Tol, Kayla Punaro, Tayla Barile, Jessica Gencible, Julia Anhe, Sadyana Arab, Sandy Daniel, Nehma Pereira, Francesca Legano, Cynthia Ram, Amei Assaf, Annastasia Marchio, Ms Bruno Kopp
Seated: Sashia Mansour, Minerva Sanaty, Manali Kannangara, Mary Gawro, Lakeisha Fosbender-Kotsalis, Mrs Lila McInerney, Ms Jane Siles, Theodoula Vorenas, Claudia Montesano, Alessia Deluca, Cristina Bugelli, Marina Labib
Absent: Shyanne Exposito, Abigail Pereira, Erin Saliba

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