

Past Student Spotlight

Laura Worboys (2005)



Laura North (nee Worboys)

I attended St Patrick's Catholic Primary school and later St George State High School, graduating in 2005 as one of the School Captains. I feel very fortunate for the education I received at the school from the many dedicated and experienced teachers that were there at the time (and those that still remain). I recall being a student in one of the largest Grade 8 cohorts, with a total of 60+ students. The numbers slowly dwindled over the years with people relocating or pursuing trades, resulting in only 20 of us graduating from Year 12. I enjoyed a Science/Math heavy curriculum in Year 11 & 12 which was challenging, but also rewarding when your class size rarely exceeded 4-6 students with 1 teacher.

Following my completion of secondary school, I relocated to Brisbane to study at the University of Queensland. I commenced my studies by completing one year of a Bachelor of Science degree, before transferring into a Bachelor of Occupational Therapy. I had little knowledge at that stage, of the career I was getting myself into or what area of Occupational Therapy I would work in – my only desire was to return back to St George.

I finally graduated in 2011 following 6 years of study and to my delight a job vacancy in my home town of St George opened up. I was the successful applicant for the St George Child & Youth Mental Health position, with Queensland Health. I have continued to work within the mental health field from my early days as a new graduate and have worked across both Adult and Child & Adolescent roles over the past 11 years. I have furthered my studies and completed a Graduate Certificate in Mental Health. I now work as the sole Child & Adolescent Clinician in St George, however, sit amongst a larger team of clinicians that work across the South West region. As an OT working in Mental Health, my role is unique and varied. I ultimately help clients to live their most meaningful life as independently as possible, by helping them to understand and develop coping strategies for their mental health issue. My work is both rewarding and challenging. I feel privileged to be able to help those when they are most vulnerable and to give back to the community.

Over the past 11+ years, I have further cemented my life in St George. I married my husband Harry in 2012 and we have grown our family with 4 children (Alastair, Eleanor, Jules & Zara). We are involved in various sporting committees locally and I love being able to give my children the same opportunities that I was exposed to, by living here. St George has always been home

for me, I love the connections I have formed, the people I get to work with and the opportunities that are available if you are prepared to put in the effort to make them your reality.

Laura North