



Claire Lynch

Graduated from Scoil Uí Mhuirí in 2004

G'Day from Australia, my name is Claire Lynch. I graduated from Scoil Uí Mhuirí in 2004. Knowing what to do after school can be a tough decision! I was fortunate enough that during my transition year I did some work experience at the Lourdes Hospital with the Occupational Therapy team and it was from this that I knew occupational therapy was the career path I wanted to follow. I had expected to go to Trinity College Dublin but I did not obtain the points. I did not let this stand in my way to pursue my goal. I applied to University of Ulster, Jordanstown and was lucky to obtain a place on the occupational therapy degree course. After 4 amazing years at the University of Ulster I graduated with a first class honours degree in Occupational Therapy. It was at this stage that I decided to go to Australia on a 1 year working holiday visa. 8 years on and I am still in Melbourne, Australia.

I currently work part-time as a Senior Occupational Therapist in St Vincent's Private Hospital. I also work part-time as a tutor at the Australian Catholic University in the undergraduate occupational therapy course. If this wasn't enough to keep me busy, in 2012 I decided to return to study and enrolled in a Professional Doctorate of Clinical Sciences in Occupational Therapy (PhD) at La Trobe University, Melbourne. After 4 years I am excited to say that this month I finally completed my thesis. Once this thesis is corrected I hope to graduate next year. I will then become Dr Lynch!!!

But life is not all about academic achievements, I would encourage all the students of Scoil Uí Mhuirí to try to maintain a work/life balance whether this is being involved in sport or whatever you have a passion for. When I was at Scoil Uí Mhuirí I was involved in the running club and the GAA football and to this day I still play GAA in Oz. It is through these social networks that I have met some amazing friends which is vitally important when you are on the other side of the world away from family. Although I now consider Melbourne my second home I will never forget my roots. To keep connected to Ireland I entered the Melbourne Rose of Tralee in 2012 and was delighted when I was chosen to represent Melbourne in this International Festival. I had an absolute ball and got to do and see some amazing things during my year as the Rose. One of my highlights of the festival was obtaining the support from family and friends and in particular my Scoil Uí Mhuirí friends. The friendships you make in School will last a lifetime.

If someone had to tell me back in 2004 when I left Scoil Uí Mhuirí I would have achieved what I have to date I would have laughed and would certainly not believed them but my advice to students at Scoil Uí Mhuirí is anything is possible if you put your mind to it, the world is your oyster and most importantly believe in yourself.

Believe and you will achieve!!!

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