

STATEMENT OF PURPOSE

HILLARY KIBET

My name is KIBET HILLARY KIPNGETICH a Kenyan citizen by birth. I am single hence, have no family or any child to accompany me to Australia. I was born on 7th of April 1992 in Elgeyo Marakwet County, Kenya. We live in Simotwo, Elgeyo Marakwet County with my parent and my sibling. I could like to have an opportunity to start my journey of studying abroad. My mother is a care giver at Brookdale. My family will be supporting me financially through my education in Australia and is fully aware of all the living and tuition expenses.

I joined Barpello High School on January 2010 for my Kenya Certificate of Secondary Education (KCSE) and completed on December 2013 where I attained a mean grade of C (PLAIN). I joined KENYA MEDICAL TRAINING COLLEGE at Karuri campus in Kiambu County, Kenya, to undertake certificate in Environmental health science and a diploma in public health in which I graduated in 2018 for certificate and in 2021 for diploma.

Gap Explanation

After completing my high school, I took some time off to prepare for my transition into higher education life. I enrolled for computer classes in Eldoret town. After completing my undergraduate studies, I was offering services at Kamosor Health Centre as a volunteer. Fortunately, my studies profile has been consistent and I do not have any worrying gap to account for.

I have chosen to study in Australia because it offers an educational experience that makes a real difference. It provides a learning style that encourages one to be innovative, creative and think independently. Graduates from Australia are very successful in finding jobs and hold prominent positions worldwide. More so, its education system has impressive international reputation. Australia is known for its high quality of teaching and research. Australia excites me with its diverse melting pot of cultures. The sheer amount of culture that abound will offer me a chance to step outside of my usual comfort zone and experience something new and different but also feel a sense of belonging in a multi-cultural setting.

Advancing my education in Australia aims to increase exposure to top-notch research facilities. Here in Kenya, there is insufficient capacity for local universities especially in research and development. Another key challenge lies in transformation into application of classroom knowledge and principles.

Torrens University leads by creating opportunities to live and work in an evolving world.

It enables globally connected education for the future jobs and research that makes a difference to our community.

My decision to pursue a Under graduate's degree in Public Health at Torrens University in Australia was inspired by the fact that Australia's education system is recognized worldwide and upholds a strong governance system that delivers high standards of decision-making and accountability. Learning in such a place will boost my career outlook. I am eager to experience diversity in Australia through networking with a multi-cultural peer group. I will also have the opportunity to exchange ideas and thoughts with people of different nationalities and cultural backgrounds with regards to the safe, secure and peaceful environment that is the ideal study destination for international students like me. In addition, I interact with fellow clients in a certain gymnasium I usually visit and along with the physical activities they engage, I normally emphasize on the importance of watching their diet. I encourage them to minimize processed foods and take more lean protein, complex carbohydrates and fibre. Studies have shown that 'changing exercise habits, but not nutrition, produces poorer results' (Fred Hoffman, October 24,2019). I am mostly concerned in human nutrition and diet and the role it plays in the health and well-being of the world's population from different points of view. This improved my interest in pursuing Undergraduate of Public Health so that I can reach different groups of people and improve their health.

I chose to study at Torrens University in Melbourne rather than other institutions because it is globally recognized for the excellent education offered as well as the personalized experience enhanced by world-class programs and innovative digital engagement. In Australia, Torrens University among the top 10 ranking in teaching quality more so, ranked top 10 in teaching experience. Also recognized as one of the Australis's innovative Companies three years in a row (2020 and 2021) (AFR), recognised by CEOWORLD Magazine as one of the top universities in Australia to study software Engineering in 2021. Torrens University university is also ranked 4th in full time employment for undergraduates' international graduates, more over as one of the top 50 young universities in the world and included in top 40 of Generation Y universities in the world according to Times Higher Education Young Rankings 2020. Its mission is to champion the power of people to connect the world for good and values of beginning and ending with people, being good, being creative, being bold, being well and being global. Torrens University continues to be true to its mission by collaborating with a diverse set of industry, research and community. Graduates have a high chance of employability due to its global excellence. As such, it is both a strategic aim and attractive to study in Australia because it will

introduce me to realistic and real-world learning opportunities. I look forward to the opportunity to study at your esteemed university.

Since I had already settled to studying in Australia, my interest is on Torrens University for it was my desired choice. I chose Torrens University because they were responsive and it's where I desired to be. It is a world-leading research institution in the health field that is, public health, nursing and psychology and religious studies. I was specifically interested in Melbourne city because it is known for being one of the most liveable cities on earth. It has the highest score for stability, health care, culture, environment, education and infrastructure. Melbourne is a safe and vibrant city that offers a wide range of student support services, as well as things to see and do. Compiled by global higher education analysts Quacquarelli Symonds (QS), the rankings compared 115 cities across the world on indicators like, affordability, diversity, desirability by students and safety. This city is often called Australia's cultural capital and it hosts major global drawbacks like world-renowned music and art.

I consider Torrens University to be the right option for my undergraduate education because it is one of the fastest growing universities in Australia. It is a publicly-funded, world ranked university and warmly welcome staffs of all beliefs. It relies more on research than on theory and has top quality facilities, research and teachings, innovation and inclusiveness thus creating more optimal learning environment for my career development. The school offers industry connections programs that will help gain the knowledge and experience to excel in my studies and my future career. Sometimes, student experience cannot be limited to academic elements of studying and teaching but the individual development outside the classroom and that is what makes the experience of a learner in Torrens University great. The school also has a student-focused culture with a reputation for being accessible and friendly and that is an important way of life for growth and development.

Since I've always had a dream to continue my education in a foreign country, I've had to do more research in the United States, the United Kingdom, Germany, Australia and Canada and make comparisons between these countries. Language integration was going to be a daunting task for me in Germany. In the USA, the entry-level qualifications are difficult and in order to get to a good university, a student is expected to take a competitive test, such as Graduate Record Examination (GRE), which is always a time-consuming process from training to achieving the required score. Compared to the United Kingdom and Canada, Australia has a cheaper standard of living and reasonable fees for foreign students, an English-speaking country where

international students like me will not face any contact barrier and a relatively low incidence of crime. Thanks to their strict law on weapons safety, thereby ensuring a safe environment for international students. As per

[https://www.studyinaustralia.gov.au/English/Australian Education/Universities-Higher-Education/list-of-australian-universities](https://www.studyinaustralia.gov.au/English/Australian-Education/Universities-Higher-Education/list-of-australian-universities),

Australia has 43 world-renowned universities offering a wide range of courses. This encourages students to select their preferred course and institution, and also avoids sacrificing their option of courses due to the lack of availability of the preferred course.

In my research, I found out that Australia is the third most popular destination for international students. Most of the international students choose to study in Australia over other countries due to cultural diversity, friendly natives and high-quality education. Australia has an ESOS (Education Service for Overseas Students) Act which deals with the rights of an international student. It has a Tuition Protection Services which means tuition fee is safe and secured, Australian course and curriculum are systematically and scientifically designed as per the need and demand of modern education system. Australia is at the forefront of new technology and innovations. Students who study in Australia can take advantage of the impressive technology and resources of the country.

I chose to study Public Health because it is a big deal for me to ensure that the community acquires personal health care. I will then get to educate them that risk factors could be reduced by physical activity and healthy dieting. Public health is on high demand especially now during the pandemic since vaccines are to be issued by the public health officers, advice on sanitation and personal hygiene which is a major concern at this crisis so as to prevent disease outbreaks and the spread of infectious diseases at large and ensuring safe food and water in communities. Most the people rarely think about roles like these until a crisis but personally, I would love to work on a daily basis to keep people healthy and safe, locally and around the world, by preventing disease and injury.

Taking Undergraduate of Public Health from Torrens University will help me develop advanced and specialized knowledge across the discipline of public health, with an emphasis on an evidence-based practice, intellectual inquiry, innovation and thought leadership and effective communication and advocacy skills. It also prepares graduates to practice with a community, national or global focus and with an ethical, social justice perspective. Its program equips one with specialized knowledge and skills in public health to improve and advance population health and well-being through education, policy making and research for disease and injury prevention.

I have had a dream of studying abroad for a long time. I took Diploma in Public Health in Kenya Medical Training Collage Karuri Campus out of passion. It has always been my major concern to help the vulnerable and the population at large specifically on their health since good health is central to human happiness and well-being that contributes significantly to economic progress and prosperity. Public Health it is the act of science for prevention and prolonging life. It covers topics such as, food insecurity, health economics, occupation safety, disability, health education and management of health services. I made a decision on Undergraduate of Public Health as it relates with my Diploma in Public Health. In fact, one of the main Public Health concerns include; access to minimal, essential nutritionally adequate and safe food for everyone. The U.S Department of Health and Human Services discusses the importance of Public Health Nutrition is that, eating nutritional meals decreases risks of cardiovascular diseases like heart diseases, hypertension and diabetes. Public Health also draws content from related disciplines including;

- Health policy and management- this is a multi-disciplinary field concerned with the delivery, quality and costs of health for individual and that of the populations. It also provides education for healthier choices and practices and help prevent the spread of diseases or infections.
- Biostatistics- biostatistics give knowledge on how to conduct qualitative and quantitative research to help identify population health trends and risk factors. This could include using clinical trials.
- Sociology- is basically the study of the society, human behavior, their interaction and relationships. Food sociology concentrates on the socio-cultural, economic, and political factors influencing food production, distribution and consumption.
- Psychology – this then gives further studies of the mind of the human, how it works and how it affects behavior. In nutrition, it focuses on how cognitive choices such as meal decisions influence nutrition. Basically, it connects between food, diet, mood and cognition.
- Epidemiology- epidemiology deals with the incidence, distribution and possible control of diseases and other factors relating to health. Nutritional epidemiology is the study of how the foods we eat are involved in causing of a disease.

Public Health rests on three pillars which are;

- Health promotion or improvement- improving the health of the people including helping people improving their living condition by quitting bad habits.
- Health protection- protecting people's health for example from environmental or biological threats like food poisoning
- Health care public health- ensuring that the health services are the most effective, most efficient and equally accessible.

According to Australian Catholic university's website and my own research, the Undergraduate of Public Health is a two-year full-time or equivalent part-time program. I will graduate upon completion of 160 credit points from the Schedule of Unit Offerings comprising of:

1. 80 credit point specified Public Health Units (part A)
2. 80 credit points Stream Unit, consisting of either:
 - i. Research Stream
 - a. 20 credit points Elective units (part B)
 - b. 60 credit points Specified Research units (part C)
 - ii. Project Stream
 - a. 60 credit points Elective units (part B)
 - b. 20 credit points Specified Project units (part D)

Below are some of the units I will tackle;

- Introduction to Health Sciences Research- this unit generally underpins the generation and translation of new knowledge into health policy and practice. It will outline the diverse approaches that that can be taken in qualitative and quantitative research design. It aims to provide the opportunity for students to develop practical research skills and an ability to critically assess the quality of health science research.
- History and Principles of Public Health- this unit aims at learning public health values and ethical principles indicating how they support public health scope of practice. It provides student with the opportunity to evaluate the historical milestones in public health that have shaped it as a discipline.
- Epidemiology- epidemiology deals with the incidence, distribution and possible control of diseases and other factors relating to health. At the end of the unit, one will build an understanding of the importance and relevance of epidemiology to public health research and practice emphasizing on disease distribution patterns in Australian and international contexts and develop skills to apply in the real world.

- Quality and Safety in Health Care- in this unit, I will explore the emergence of the quality movement and safety standards that have been driven by consumer expectations around safe and quality care in preparing to become effective health care administrators.
- Global Nutrition and Food Security- challenges to nutrition and food security will be explored from the pillars of food security which are, availability, access, utilization and stability and other risks influencing food industry and globalization.
- Qualitative Research Methods- it prepares students to analyze and synthesize complex information and to use decision-making skills to respond to emerging issues within a dynamic health environment. To be specific, this unit aims to develop the abilities of the students to use qualitative research methods in ethical, person centered health related research context.
- Quantitative Research Methods- this on the other hand, involves decision-making skills developed to help respond to emerging challenges in health care using descriptive and inferential statistical methods as well as the ability to analyze research validity and reliability.
- Determinants of Health- at the end of the unit, I will be able to consolidate my critical analysis of health determinants, the interaction between determinants, inequalities of determinants distribution within the population and the maintenance and the promotion of healthy social and physical environments.
- Public Health Research Thesis A- students will be required to design, undertake and report on research they conduct under approved academic supervision. The research proposal will be assessed both by oral and written presentation.
- Ethical Leadership- this contributes to the development of ethical leaders who are committed to the advancement of the common good. Students will critically assess the application of different leadership styles and approaches in the complex business environment of today.
- Preparation for Practice- it comprises of a range of educational activities which will prepare students for Practice Placement. It is linked with Australian Qualifications Framework and supported by educational theory on the importance of experiential learning for preparing students for professional practice.

- Practice Placement- this unit is done after completion of Preparation of Practice. Students get to apply and integrate their public health skills and knowledge within a summative public health practice experience.

I have always been interested in influencing local, national and international health policy and evaluation of interventions to improve public health. It is because of this that I choose to study with the best and I started my research on international institutions that I could further my career from and settled on my first choice being Torrens University.

In Karuri Campus, I was a member of Red Cross Society due to my passion in helping the needy and our mission was to provide relief in times of emergencies and promoting health and care of vulnerable people and community. Red Cross has seven fundamental principles which are, humanity, impartiality, neutrality, independence, voluntary service, unity and universality. Its main purpose is to protect life and health of all kinds of humans. Helping the community has been my major concern.

Once I complete my Undergraduate of Public Health from Torrens, I will come back to my country Kenya and move into my professional aim to improve the health of an entire human population. The skills acquired in nutrition practice, health policy and management, and communication along with knowledge in nutritional science, epidemiology and biostatistics will play a long way. I will be able to help the community and individuals improve their health and reduce spread of infectious disease in all possible ways. I will also acquire benefits of becoming very involved with other professionals who are dedicated in ensuring that the vulnerable are reached and provided with possible help. When I come back to Kenya I will be mostly interested with an opportunity as a health care consultant or a clinical dietician who earn an average of Kshs. 200,000 (AUD 2400) - Kshs 350,000 (AUD 4200) monthly. Other career opportunities associated with Undergraduate of Public Health that I can seek an opportunity in include; public health nutritionist, health care administrator, community health organizer, health service management, research assistant, epidemiologist, etc. With an Undergraduate's degree in this course I can work in different NGO's, health centers or research centers like, World Health Organization (WHO), National Institute of Health (NIH), Save the Children, World Food Programme (WFP), African Population and Health Research Center (APHRC), Food and Drug Administration (FDA), colleges and universities and good, high-paying health centers. I will then be able to reach a wider range of population to promote a balanced lifestyle and improve their diets as it has always been my passion.

I have a strong feeling of true nationalism and responsibility that I bear to building my nation, giving back to the society and becoming a responsible,

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skilled and resourceful citizen to my country Kenya. I will forever be deeply attached to my homeland Kenya. I also share a very close bond and relationship with my family and friends for their enormous support and love throughout my life and I would want to ensure that they are provided with all care and security in their later phase of life. This fact will motivate me to work hard towards completing my Undergraduate degree with excellence to return and unite with my family. With the internationally accredited degree from Australian University, I believe it won't be a difficult task for me to secure a job across different sectors in Kenya. I do value and closely attach myself to the cultures and festivals in my homeland and will always look forward coming back to Kenya once I complete my studies in Australia.

I do not have any international travel history to Australia or any other country including visa applications to either Australia or any other and as such, I have no visa refusals from either Australia or any other country in the world.

I believe given a chance to study in Australia, I will achieve my dreams and it will be great experience to study in Australia with diverse culture. I also understand that the student visa has some mandatory conditions in which if not complied to it will lead to cancellation of my student visa and given the huddles have gone through in applying for a visa, I do not intend to breach any of the conditions. Being a student and applying for a student visa I am aware of the obligations for students under higher education visa Subclass 500 as mentioned below;

- I must not work beyond 40 hours a fortnight when course is in session.
- I must meet course requirements and maintain satisfactory performance throughout my course at the University.
- I must arrange and maintain adequate OSHC throughout my visa duration
- Must maintain eligibility for my course for which my visa is granted
- Inform the University of my address and contacts within 7 days of arrival in Australia

I hope I will be provided with the opportunity to study at Torrens University as a full-time student, to study Undergraduate of Public Health.

I hereby certify that the information above, which has been supplied in support of my student visa application to assist me to demonstrate that I satisfy DHA's GS and GTE compliance requirements has been completed in my own words and handwriting and is true and correct.

I understand that if any incorrect, misleading or non-genuine information is found in this Statement of Purpose (SOP), my student visa application will be refused.

Yours faithfully,

Kibet Hillary

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