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GET SMART

Because knowledge is power.
 And power is kinda useful.



In her thinking cap and smarty pants, Bec was ready to face the world.

NO DOUGH



Australia is fast becoming a 'cash free' nation, according to recent figures, with the number of purchases on plastic rising significantly in the past 10 years. The figures show that the number of credit and debit card transactions in December 2012 reached 444 million - that's triple the amount it was just a decade ago!

perfectly balanced

In 2012, 77 per cent of Aussies reported an increase in their workload, with 79 per cent hoping to achieve a healthier work-life balance this year, says recruitment company Randstad. The key to creating 'me time' is finding efficient ways of handling your work: reduce the number of days you stay late, cut out non-essential meetings, plan your day with a to-do list and 'audit' yourself regularly to make sure you're on track.

AUSSIES ARE PAYING AS MUCH AS A WHOPPING

170%

MORE FOR BASIC GOODS AND SERVICES THAN OTHER COUNTRIES. NEWS LIMITED'S RESEARCH SHOWS WE'RE EVEN FORKING OUT MORE FOR VEGEMITE TOAST, WHICH COSTS YOU 39 PER CENT LESS TO EAT IN THE UK!

TEXT: NICOLA DONOVAN; LAUREN FELLOWS; LEEISA VALLINDER; TASHIA WESTON & LAUREN WOODWARD; PHOTOGRAPHY: JASON HERACE/BALERSYNDCATION.COM/AU. POSED FOR BY MODELS IN NO WAY ASSOCIATED WITH THIS STORY.

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INSIGHT



HEY SIS!

Got stacks of great advice to offer young women? Sign up to the Life Changing Experiences Foundation's SISTER2sister mentoring program. In partnership with Nivea, SISTER2sister provides at-risk teenage girls with a 'big sister' to offer advice, guidance and support. You can also donate at lifechangingexperiences.org.



FANCY A CAREER IN SCIENCE?

With more Aussie women studying science at uni than men, it's no wonder there's been a wave of females kicking goals in this field. Get your clever on!

If you're looking for women doing some seriously cool sciency stuff, you don't need to go far. From Marita Cheng, the engineering student and founder of Robogals Global who was named the 2012 Young Australian of the Year, to Dr Fiona Wood, famous for her work with spray-on skin cell technology, the ladies are rocking laboratories all over

the country. Fancy joining their ranks?

The L'Oréal Australia and New Zealand For Women in Science Fellowship awards three female scientists, with less than five years of post-doctoral experience, up to \$25,000 each over 12 months to aid their research at an Australian or New Zealand institute. Applications open March 18, see scienceinpublic.com.au/loreal.