

The latest student news

Ready or not exams are coming!

It is never too early to start thinking about exams. In case you haven't thought about them yet—now is a good time to start as they will be here before you know it! Being prepared can boost your confidence and lift your performance.

The earlier you start preparing, the better! Decide which topic you want to cover in each study session and organise your time so you can do some preparation each day. If you do this you will feel more confident and you will be able to perform at your best.

Preparation is the best way to build a positive attitude and eliminate negative self-talk, such as, 'My life will be ruined if I fail!'

Along with preparation, try the technique known as visualisation. Imagine that you are in the exam room and feeling confident and terrific. Success!

For further information and advice on succeeding in your studies go to deakin.edu.au/study-skills/

Tired of commuting to uni each day?

Would you like to live on campus?

With the amazing new residences complex on the Melbourne Burwood Campus nearing completion, there will be more places for students to live on campus than ever before.

Applications for T2 are open now via the residences website and more information specific to the new 400 beds facility, including pictures, will be coming soon. Living on campus offers many benefits and a fantastic student lifestyle. Why not apply now to live on res next trimester?

For more information you can visit deakin.edu.au/residences contact residences staff on 9251 7671.



Top 10 tech tips

We have been chatting to students about IT at Deakin and as a result of your advice we have created a 'top 10 tech tips' to better support you in your studies.

This covers wireless, printing and password information as well as a stack more.

Visit deakin.edu.au/its/top-10-in-2012.php today for more info!

Managing and avoiding debt

If you are in need of assistance in managing your debt and finances, please contact Financial Assistance in the Division of Student Life.

Deakin Financial Assistance provides advice and information on student loans, government student assistance, budgeting, tax and most matters relating to student finances. The University provides interest free loans, grants, and emergency food and travel vouchers for students who are in financial need.

You are encouraged to explore the Financial Assistance website for more general financial assistance advice and to try out the free online budget planner which has been created specifically for students.

deakin.edu.au/financial-assistance/

Behind in your study?

Studying for a university degree is a long journey which involves many steps. If for some reason, you fall behind in your study, don't panic. Panicking only makes you study less effectively and you will get further behind. There are several things you can do to get your study back on track.

1. Meet with your tutors and/or lecturers and tell them of your situation. They want you to do well in your study, but they can't help you if they don't know you are having problems.
2. Meet with a counsellor to discuss your situation. Counsellors know how the University works and can offer some valuable advice to help you get back on track. They can also help you deal with personal problems that may be affecting your study.
3. KEEP STUDYING! Do what you can, when you can.
4. Use time management sheets to make sure you are well planned and using your study time efficiently.
5. Hand in what you have done. Even if you don't pass the assessment, 9/20 is still better than 0/20.
6. If you don't have time to complete every task, identify where to best put your energy.
7. Consider your enrolment. Should you 'Withdraw' from one or two units to concentrate on the others? Please discuss this with your Faculty Course Adviser or a counsellor before you change your enrolment.

For further assistance, please contact a Language and Learning Adviser (via Student Life), a Counsellor or your Faculty Course Adviser.

The following websites also contain more helpful information and ideas to help you success in your studies.

Counselling service: deakin.edu.au/counselling

Study Skills: deakin.edu.au/study-skills

Tax time is just around the corner

Do you need some information about what you can claim as a student? For detailed tax information about your self-education expenses, go to www.ato.gov.au/studyandclaim. Specific products include:

- study and claim - introduction
- self-education eligibility tool
- fact sheet on claiming
- self-education expenses.

Remember, following a High Court ruling in November 2010, students receiving Youth Allowance are now able to claim tax deductions with the ATO for expenses. Students can claim a \$550 deduction if they paid tax, declared their allowance as income and did not claim a deduction for study expenses. Find out more from the ATO's website:

www.ato.gov.au/individuals/content.aspx?doc=/content/00263565.htm&alias=studyexpensechanges

InterviewGOLD: How do you come across in an Interview?

Interviews can be a bit like a first date - you're nervous, anxious, feeling unprepared; hoping for a bright future together. You've carefully chosen your outfit and are hoping to make a killer first impression. You've done your research and have practiced what to say (without sounding dim or desperate). After all that - what could possibly go wrong?

As a recent student recounted, events can spiral downhill easier than we would like to admit. "I arrived very early for my interview - too early, now that I think about it. The longer I sat in the waiting room, the more my nerves took hold. By the time I was called into the interview, I was absolutely terrified. I was sweating and my voice shook uncontrollably. My hands seemed to have a mind of their own, gesturing wildly, trying to compensate for my shaky responses. I think we were all relieved when it was over. Needless to say, I didn't get the job."

As we all have experienced - or know someone who has, a disastrous interview (or first date, for that matter) can unravel when our body language lets us down. Regardless of preparation and seeming perfect fit, how you act can override anything that comes out of your mouth. Research by an American psychologist almost 30 years ago found that the content of what you say only counts for 7% of your credibility. Nonverbal and visual cues, like the tone of your voice and facial expression, gestures, etc amount for a colossal 93% of your credibility rating. Moreover, its thought humans have a lexicon of about 138,000 non-verbal and visual cues, but we can only control 150-200 of them and only for about 15-20% of the time.

But all is not lost. When you prepare for that first date or your interview, it's vital not only to practice your verbal responses, but also your nonverbal and visual signals. Most of us have no idea what we look like when interacting with others. We might have an eye twitch or fiddle with our hair, especially when we're nervous. Practice in front of a mirror, or better yet, set up a video camera to play back later.

And when it finally comes time to meet, adopt an open posture. Sit straight (comfortably) and lean slightly forward, to indicate your interest and attention. Take slow, deep breaths and smile. Remember the acronym ROLE, which means relaxed, open, leaning and eye contact. And most of all - be yourself!

To help you prepare for your interview, Deakin University has a professional interactive online system called InterviewGOLD that can provide you with training customised to you and the job you are interviewing for.

Check it out at deakin.edu.au/careers for more ideas and information on interviews and preparation.

@DeakinUniITSD

We know students love Twitter, so ITSD have joined the 'Twittersphere'. It is our role to provide core ICT services and support to the Deakin community and we are hoping to use our Twitter account to enhance service delivery through timely provision of information.

Don't miss out on important IT information; Follow us today @DeakinUniITSD 'Tweet tweet!'

Getting involved at Deakin is easy

You may have heard your parents, relatives and friends fondly remembering their time at uni. Those were the days when they were not only involved in studies but also in countless other activities - whether it be clubs, societies or competitions. You listen to their stories, but wonder what opportunities are available for you now to build similar memories and experiences? Well, it's easy to find out at Deakin! Simply take a look at the new Get Involved website:

deakin.edu.au/current-students/get-involved/

The site provides information on countless ways that you can get involved in campus life, make new friends and have great experiences. There are even student profiles for you to read and be inspired by.

So what are you waiting for? Just take a look, find an activity, club, society or competition that you want to join and get going. Getting involved will look great on your resume, keep you active and give you skills that you will have for life. Not to mention the friends you'll make and the fun times you'll have!

The Learning Space - a great place to study at the Burwood campus.

Since it first opened in 2011, **The Learning Space** - located in Bldg H, Level 1, at the Burwood Campus - has become a favourite place to study and more and more students are making use of this space. It is not hard to see why when you consider that the space has so much to offer.

- The Learning Space is now open from 9am to midnight Monday to Friday
- The café is open from 9am to 5pm
- There are quiet areas for private study
- There are pods for group work and oral presentation practice
- There is wi-fi, computers and printing facilities

Apart from the great facilities there is also a range of services that can assist you with your studies.

- The **Students Rovers** are in the Learning Space Tuesday, Wednesday and Thursday from 11 to 2 and can answer your IT questions.
- **Language and Learning Advisers** now conduct drop-in for Study Skills until 7 pm on Tuesdays and Thursdays. So, you if find it hard to attend lunch time sessions, make sure you phone or come in to make a later appointment.
- The **Drop-in-station** mentors can assist with any questions you have about your studies from a students' point of view
- **PASS supervisors** can show you how you can benefit from attending **PASS sessions**
- **Study Skills Workshops** take place at different times during the day - check the website for a schedule or pick one up at reception
- **Conversation Club** is held every Thursday from 4 to 5 and anyone is welcome to come along

With colder and darker nights ahead, remember that if you are going to study until late, security can escort you to your car - just **call 222** about 20 minutes before you want to leave the building and a security guard will meet you in The Learning Space. **Use the free phone** located on the wall opposite reception to do this.

We hope to see you there soon!

Maintaining your health and wellbeing

The importance of sleep

An important aspect of maintaining your health and wellbeing is ensuring you have adequate sleep. Sleep problems are common and can lead to people feeling irritable and with little energy. Long term sleep problems can lead to anxiety and depression. Sleep provides time to recharge and rest your body after a busy day of activities. The following tips may assist you to improve your sleep however if you are not coping or wish to speak to a health professional please contact the Deakin Medical Centre on your campus.

Tips to improve sleep

- avoid going to bed too early and try to establish a regular time that you go to bed
- make sure you are not hungry when you go to bed
- avoid drinking alcohol and smoking prior to going to bed
- avoid caffeine prior to bed and limit caffeine drinks to 2 per day
- if you are working or studying, allow time to wind down prior to going to bed – stop at least 30 minutes before bed time and do something relaxing (warm bath or shower, meditate)
- ensure your bedroom is quiet, dim and cool
- try to avoid studying in the same room you sleep in, keep the bedroom free of clutter so as it is a relaxing and stress free environment
- turn off phones, computers, ipods and all electronic devices to ensure your sleep is not disturbed and you can relax
- write down those things that may be worrying and waking you at night and set aside some time the next day to manage these
- during the day be physically active for at least 30 minutes – take a walk, have a swim, play basketball with friends
- when you wake up, get out of bed, don't try to go back to sleep
- try to wake up at the same time each day
- try to exercise in the morning, this will increase your alertness and ensure you start the day well

If you continually feel tired, are sleeping badly, needing a day time nap and have reduced or stopped your physical activity you are probably not getting enough sleep. Come to speak to someone, as developing good sleeping patterns now will assist you with your studies and throughout your life.

Flu Vaccinations - do you need one again in 2012?

The influenza vaccine, also known as flu shot, is an annual vaccine to protect against the highly variable influenza virus. Even if you were vaccinated last year, you will need to be vaccinated again in 2012 to be protected against the flu.

Flu can be a severe illness which can cause 3-4 days illness followed by weeks of fatigue and feeling unwell, you will need to take extended time off work and studies which may impact your results and the outcomes of your work.

Deakin Medical Centres provide flu vaccinations and we would encourage you to vaccinate early. If you have any questions regarding flu vaccinations please email us or speak to the nurse or doctor on your campus.

Web: <deakin.edu.au/current-students/services/health>

Email: askanurse@deakin.edu.au

Stay connected with what's happening at Deakin

It is almost the end of the trimester and exams are close. At this point in time, you might be consuming endless cups of coffee and staying cooped up in the Library. The outside world and all the wonderful stuff happening at Deakin might just be a blur to you since you haven't ventured outside for a while.

To help you stay connected with everything at Deakin we recommend you follow @New_to_Deakin on Twitter. Here you'll get all the latest news, events, happenings and important dates on campus to make sure that you are still in the know.

To read about what other students have been up to, have a look at the New to Deakin blog at <newtodeakin.blogspot.com.au>. Our team of bloggers have been there, done that. There, you can read about where the best coffee on campus is, how our bloggers prepared for exams and even how they celebrated after. You can subscribe to get email updates, keep in touch with your favourite bloggers and even comment or ask questions.

Atomic Learning= easy answers!

Spending time trying to work out how to do that one little task in your Word Document, or Excel spreadsheet, etc can lead to major frustration!

Atomic Learning online tutorials are your answer!

With a comprehensive library of tutorials at your fingertips, you can get instant answers to questions on most major applications for both PC and Mac.

These online software tutorials are searchable and offer far more than you can expect from the help feature of most applications. It's as easy as searching, watching and learning!

Atomic Learning is available to all Deakin staff and students and will not count towards your Deakin internet usage while on Campus. It can be accessed via <www.atomiclearning.co.uk>. You can also access Atomic Learning from home, using the username and password available from <deakin.edu.au/software/deakin_only/atomic>.

Restore your own files!

Have you ever accidentally deleted a file on your Deakin Home Directory (H: Drive), or have your files become corrupted or simply disappeared?

Thanks to the 'self restore' feature, recently implemented by ITSD, you'll be able restore your own deleted/corrupted files by choosing from one of the four data backups performed every day!

To restore files to your home directory follow the instructions in the help sheet titled 'Restoring files to your home directory' located under 'Help sheets - general' on the ITSD publications web site at <deakin.edu.au/its/publications>.

Student in profile:

Kristan Marlow shaves for a cure

Kristan Marlow is an Deakin University engineering student who has been living in student residences for the past three years. He recently shaved his hair as a part of the World's Greatest Shave. Here is his testimony:

"I was 21 when I decided to participate in the Worlds Greatest Shave. I've had long hair for the past 15 years. Therefore, long hair is all I have ever known.

Thankfully my direct family has not been touched by cancer, however close family friends have in the past.

I had always wanted to participate in the Worlds Greatest Shave and I felt that this year, 2012, was the right time.

I get enjoyment out of doing things for others and what a better way than to raise money for a great charity.

My fundraising target was \$5000 and I am current at \$4500, so only \$500 to go. I am very motivated to reach this goal so any further donations are more than welcome.

my.leukaemiafoundation.org.au/kristanmarlow

After the shave my hair was braided, placed in an envelope and sent to the Australian Alopecia Foundation to be made into wigs for disadvantaged kids diagnosed with Alopecia. This will hopefully enable these children to live a more normal childhood if they choose so.

The experience of participating in the Worlds Greatest Shave was great, in addition the donation to the Alopecia foundation has made this whole experience one of the best of my life."



Deakin Ally Network

The Equity and Diversity Unit commenced an Ally Network program in 2011. The Ally Network aims to create a more diverse and inclusive culture by promoting greater visibility and awareness of LGBTIQ staff and students and their issues. Central to this project is the training and development of a network of 'allies', that is, staff and students who are prepared to align themselves with, and advocate on behalf of, LGBTIQ staff and students.

The network comprises an alliance of people from LGBTIQ and straight backgrounds all working together to create a positive university environment. There are currently 42 staff and student members on the network.

For further information, visit deakin.edu.au/equity-diversity/information-for-glbtiq.php. To join the Ally Network, please contact felicity.thyer@deakin.edu.au.

Exceed your expectations

Student Life's services can help you get there:

- Accommodation (on-campus and off-campus)
- Career planning
- Counselling
- Childcare
- Deakin Card
- Financial assistance
- Food services on campus
- Deakin Medical Centre
- International student support
- Job shop
- Multi-faith chaplaincy
- Sport and recreation
- Study Skills
- Transition.

To make an appointment or for further information please call or drop in to see us on campus or visit us online.

Student Life contact details

Geelong Wairn Ponds Campus

Building jb, level 2 Ph: 5227 1221

Geelong Waterfront Campus

Level 2 Ph: 5227 8400

Melbourne Burwood Campus

Building b, level 2 Ph: 9244 6300 (ask for Student Life)

Warrnambool Campus

Building b, lower level Ph: 5563 3256

deakin.edu.au/studentlife/