



Edition #1

Student Experience Newsletter

December 2023

December's Must Know Information

- »»» Graduation - Faculty of Humanities, Arts, Social Sciences & Education Awards - Thursday 7 December 2023 10:30am - 12pm,
- »»» Graduation - Faculty of Medicine & Health Awards - Friday 8 December 2023 10:30am - 12pm,
- »»» Graduation - Faculty of Science, Agriculture, Business & Law - Saturday 9 December 2023 10:30am - 12pm,
- »»» UNE Christmas shut-down period Saturday 23rd December - Monday 1st January.

Summer's here:

Welcome chicken whisperer extraordinaire



Image: Summer Farrelly has recently moved with their family to Armidale to further their UNE studies and opportunities.

One of UNE's youngest students at 16, Summer Farrelly was an online student attending an intensive school for their Bachelor of Zoology when they hatched an idea.

"I had such a good time ... that I asked Mum, 'What if we were to stay in Armidale?'" said Summer, a home-schooled high-schooler who enrolled at UNE part-time earlier this year.

So the family made the move to Armidale from 21 hours away so Summer could be completely immersed in their studies.

"To be surrounded by like-minded people with the same interests and similar career goals is a feeling like no other ... I feel like I actually belong, and this is a feeling I have not experienced in a learning environment before."

[Click here to read more of Summer's story!](#)

MESSAGE FROM STUDENT EXPERIENCE EXECUTIVE PRINCIPAL

PROFESSOR SHELLEY KINASH

The best Christmas present Santa is bringing me this year is a ticket to my son's university graduation. Alongside this column I have included a photo of me Graduating with my PhD, holding my 4-year-old son wearing my graduation cap. Now here he is, nearly 20 years later, wearing his own. Graduation is a pinnacle. On this day, you celebrate your achievements, journey, sacrifices and resilience. But graduation isn't only for you. As a mother, I take such pride in my son achieving this milestone. I feel like a good Mum. I also suspect that my own graduation played a role in inspiring him to pursue education. Graduation lifts communities, including through leadership and economics. My son was offered a job from his internship and decided to work-while-studying, finishing his degree part-time. He is fortunate (and made his own luck) seamlessly transitioning from his education to a

permanent graduate career. Just like I feel like a good Mum (and his Dad, a good Dad), his educators are proud of the industry linkages they developed to support his career outcomes. Now, with the new knowledge and skills from his degree, he is a leader in his industry. Aristotle wrote about eudemonia, which means the joy we receive from learning / from education. University education sets-up habits of a lifetime and fosters enquiring minds. So next time you get stuck, when you want to give up because there are so many assessments to do; and so many late nights; and so much pressure; and you are balancing work, family and finances with your study - dream ahead to your graduation, not only for you, but for your family and community.

Yours Sincerely
Professor Shelley Kinash
Executive Principal Student Experience
UNE



ANNUAL OORALA AWARDS NIGHT

The Annual Oorala Awards Night highlights the dedication and achievement of UNE's passionate Oorala students, staff, teachers and mentors. Hosted by the Armidale City Bowling Club on November 24, this year's event saw over 80 attendees present to congratulate the university's Indigenous community. [Click here](#) to see the rest of the 2023 Oorala Awards Night photos.



Special thanks to photographer, Peter Torning.

NEWS FROM HASSE

HUMANITIES, ARTS, SOCIAL SCIENCES, EDUCATION



Fact and fiction tend to be regarded as irreconcilable opposites, but UNE PhD student Jane Jago has unambiguously adopted both these ways of interpreting the world as she pursues her professional interest in crime and its origins.

[Click here to read the Jane's story!](#)



As a First Nations cinematographer Brendan Blacklock remains something of a rarity, and his proudly Aboriginal-owned boutique film and video media production house somewhat unique.

[Click here to read Brendan's story!](#)



UNE welcomes new Senior Lecturer in Digital Storytelling and Writing, Wyatt Moss-Wellington.

[Read more about Wyatt's story here!](#)



Kamilaroi woman Jasmine Gulwell, explains "UNE was the only university in Australia that allowed me to do a double major in Arts, with French and German as subjects, as well as a Bachelor of Law." She has since received the Commonwealth Accommodation Scholarship and the Commonwealth Education Costs Scholarship.

[Click here to read more of Jasmine's inspiring story!](#)



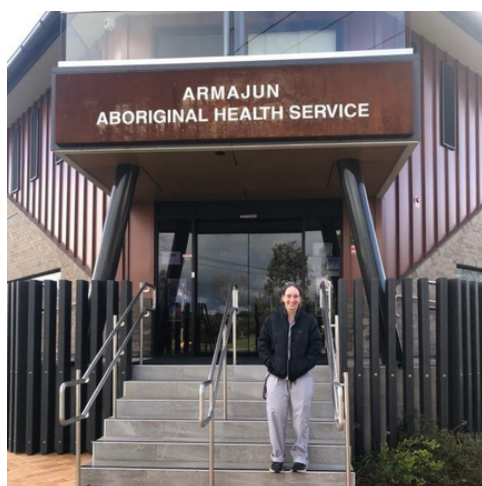
NEWS FROM M+H

MEDICINE, HEALTH

UNE social work student, Logan Bevan has been journaling the insights and successes of his time at a small public school.

Logan explained it “felt really good to ... implement the skills that I've been developing for so many years and see them work”

[Read more about Logan's story here!](#)



UNE Medical Science and Doctor of Medicine graduate, Jade Bahnisch, has recently completed the 19-week medical placement, Longitudinal Integrated Clerkship (LIC). Jade describes it as “a wonderful placement because it was definitely a sort of ‘choose your own adventure’”.

[Read more about Jade's experience here!](#)

Online pharmacy student, Liz Hickey recounts her intensive experience on the Armidale campus.

Liz explained, “UNE offers one of the few online pharmacy degrees in Australia, which means I can have more flexibility with work and just being able to study in my own time is so valuable for me.”

[Read more about her experience here!](#)



NEWS FROM SABL

SCIENCE, AGRICULTURE, BUSINESS, LAW

➤➤➤ Bachelor of Agriculture/Business student, Lindsay Brown, has been named Australia's top young merino sheep judge! **[Click here to read more of Lindsay's story!](#)**



UNE has become the first Australian university to be officially endorsed by the country's national soil science body, Soil Science Australia (SSA). **[Click here to find out more!](#)**

➤➤➤ Rural Science student Georgie Laurie has been selected into the Australian ICMJ (Australian Intercollegiate Meat Judging Association) team **[Click here to read more of Georgie's story!](#)**



UNE PhD student and recent rural science graduate Angus Dingley has co-authored the inaugural Ag Institute Australia Student Compendium to help undergraduate students in NSW enter the agricultural industry. **[Click here to download a copy!](#)**

AROUND CAMPUS

>>> ARMIDALE CAMPUS

The Armidale campus is gearing up for a busy December!



The 'Your Place Our Country Photography Exhibition' will be continuing at the Dixon Library entryway until Friday 22 December 2023. This is the perfect opportunity to discover some of the places and stories shared with us in the Your Place Our Country competition. **[Click here to find out more!](#)**

The Summer Graduation ceremonies will be held on the lawns of Booloominbah between Thursday 7 December and Saturday 9 December. Come along to congratulate our hard-working graduates. Ceremonies are as follows:

- **[Faculty of Humanities, Arts, Social Sciences & Education Awards - Thursday 7 December 2023 10:30am - 12pm,](#)**
- **[Faculty of Medicine & Health Awards - Friday 8 December 2023 10:30am - 12pm,](#)**
- **[Faculty of Science, Agriculture, Business & Law - Saturday 9 December 2023 10:30am - 12pm.](#)**

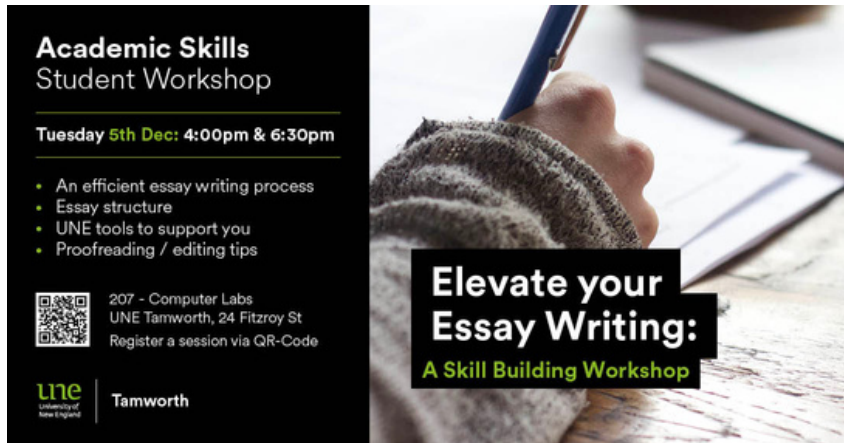


UNE Festive Flicks will be free, family-friendly event that will be held on Friday 15 December 2023 on the lawns of Booloominbah between 6pm - 9pm. Christmas classic, Home Alone will be playing alongside entertainment, food trucks and market stalls. **[Click here to find out more information!](#)**

TAMWORTH CAMPUS <<<

UNE Tamworth will be hosting a range of events in December for any students in the area.

An Academic Skills Student Workshop will be held on Tuesday 5 December 4pm - 6:30pm to help elevate your essay writing skills. Workshop and registration details below!




The image shows a promotional poster for an Academic Skills Student Workshop on the left and a photograph of a student writing on the right. The poster is black with white and green text. It includes the title 'Academic Skills Student Workshop', the date and time 'Tuesday 5th Dec: 4:00pm & 6:30pm', a bulleted list of topics, a QR code, the location '207 - Computer Labs, UNE Tamworth, 24 Fitzroy St', and the instruction 'Register a session via QR-Code'. The UNE logo and 'Tamworth' are at the bottom. The photograph shows a student's hand writing on a piece of paper with a blue pen. A black box with white text 'Elevate your Essay Writing: A Skill Building Workshop' is overlaid on the bottom right of the photo.

Academic Skills Student Workshop

Tuesday 5th Dec: 4:00pm & 6:30pm

- An efficient essay writing process
- Essay structure
- UNE tools to support you
- Proofreading / editing tips

 207 - Computer Labs
UNE Tamworth, 24 Fitzroy St
Register a session via QR-Code

une University of New England
Tamworth

Elevate your Essay Writing:
A Skill Building Workshop

The Tamworth campus will be hosting the Ngaar Wirribiiyan Strong Women Exhibition. The exhibition will be open to the community from Tuesday 5 December - Friday 8 December. More information to come.

The RaPT: End of Year Social Mixer will be held at the Tamworth Hotel on Wednesday 6 December 2023 5:30pm - 7:30pm. This will be the perfect opportunity to interact with like-minded students, staff, mentors and employers during happy hour! **[Click here to express your interest.](#)**

>>> SYDNEY CAMPUS

TAREE CAMPUS <<<

As the Sydney and Taree campuses are quieting down in the lead up to the upcoming Christmas period, we'd like to take this chance to wish all of our students, staff and partners a happy holiday season! We look forward to seeing you on the Sydney and Taree campus' in the new year.

>>> ONLINE CAMPUS

Join the UNE Law Students' Society for an unforgettable Holiday Games Night on December 14th at 6 PM via Zoom! Get ready for festive fun with games, cocktail/mocktail making, and a dress-up contest! Save the date and spread the holiday cheer! Only \$10 to participate, with a special \$5 discount for LSS members. **[Click here to register now](#)** and spread the holiday cheer!

We'd like to wish all of our online students a happy holiday season and we can't wait to see you again in 2024!



NEWS FROM THE UNE CAPS & SAWO TEAM

COUNSELLING & PSYCHOLOGICAL SERVICES & STUDENT ACCESSIBILITY & WELLBEING OFFICE

The holidays are typically a time for celebration, though for many it can be filled with expectations, pressure and stress. Whether you are someone who is returning home for the first time after leaving for college, a single parent who has been struggling to manage finances while studying, come from a dysfunctional family or a family that struggles to understand you, unable to return home for Christmas due to other responsibilities, lost a loved one who you are missing terribly or concerned about managing your T3 studies with events you want to attend. Here are some tips to manage during this somewhat chaotic time:

- Evaluate your values and goals - does the goal of having the perfect Christmas outweigh the value of spending time with your loved ones? What is more important, presents or your presence?
- Plan a meal or event that is realistically achievable and manageable for you – remember what the meal is actually about.
- Find ways to meaningfully connect with your loved ones – you may engage in activities like puzzles, board games or swimming somewhere local or video call if you can't be there.
- Keep to your routine as much as practical - try to maintain good **sleep hygiene** habits and go to bed closer to your normal time.
- Minimise overindulgence of alcohol and food you typically wouldn't eat.
- Make time to rest and take a break over these holidays – schedule your study around these days, sometimes not being productive is productive!
- Engage in relaxation strategies like short walks in nature, breathing exercises and take breaks away when you need it.
- Mindfulness is all about remaining present, try these **mindfulness techniques** to keep you and your children from stressing about what is to come and what has been.
- Reflect on the positive memories of your lost loved ones.

Remember that help can always be found for those that ask. You can book in for a **Wellness Check** with UNE's Counselling and Psychology Service (CAPS) if you are enrolled, or visit the CAPS website for **mental health resources** and **help with homesickness**. Call the UNE Urgent Mental Health Line on **1300 661 927** or Lifeline on **13 11 14** if you find you need to speak to someone right away.

From everyone at the Wellness Centre, we wish you a safe and healthy holiday, and look forward to working with you in the new year!

NEWS FROM UNESC

UNE STUDENT COUNSELL

Over the past few months, the UNE Student Council (UNESC) has been working hard to establish itself within the UNE community. We have hosted different events, asked for student feedback on various university services and have been a part of many meetings within UNE.

We are now working on creating an impactful 2024 with new initiatives, events, and opportunities to amplify the student voice on important issues. One of the main focuses for 2023 onwards is Student Safety, so keep an eye out for opportunities to have your say!

ARTICLES FROM THE INSIDERS' GUIDE



TIPS TO MANAGE YOUR WORKLOAD

ARTICLES FROM UNE LIFE



CLUBS AND SOCIETIES SPOTLIGHT: UNE WRITERS' SOCIETY



ENHANCING YOUR UNIVERSITY EXPERIENCE: THE POWER OF EXTRACURRICULAR ACTIVITIES



GET TO KNOW TUNEFM

UNE DECEMBER PRINCIPAL DATES

Friday

1

~ Lectures End for Trimester 3
~ Lectures End for Block F

Monday

4

~ Trimester 3 - Intensive & Assessment Period 1 Starts
~ Block F - Intensive & Assessment Period Starts

Thursday

7

~ Graduation Day – Faculty of Humanities, Arts, Social Sciences and Education Awards

Friday

8

~ Graduation Day – Faculty of Medicine and Health Awards
~ Block F – Intensive & Assessment Period Ends
Block F Ends

Saturday

9

~ Graduation Day – Faculty of Science, Agriculture, Business and Law Awards

Monday

11

~ Census Day Year Long Period 3
~ Last day to withdraw without academic penalty for Trimester 3
~ Last day to withdraw without academic penalty for Year Long Period 2

Friday

15

~ Trimester 3 - Intensive & Assessment Period 1 Ends
~ Latest Day for results release for Year Long Honours 1

Monday

18

~ Census Day Year Long Honours 3

Friday

22

~ Latest Day for results release for Block F

Monday

25

~ Christmas Day

Tuesday

26

~ Boxing Day



The Lounge & Leisure Zone



**Kick up your feet in the Student Expo's Lounge and Leisure Zone!
Grab yourself a beverage of choice and enjoy this month's fun facts!**

1. Not all Christians celebrate Christmas on the same day. Some countries with large populations of Orthodox Christians including Russia, Ukraine and Romania celebrate Christmas on January 7.
2. There are 31,556,926 seconds in each year. One billion seconds is roughly equal to 31 years.
3. If laid end to end, a fully grown adult's blood vessels could wrap around the Earth's circumference four times.
4. To date, there have been over 130 pyramids discovered in Egypt, originally built for Ancient Egyptians Pharaohs and their families.
5. Australia currently has 516 national parks, established in an attempt to protect its unique flora and fauna.
6. Candy canes were invented in Germany in 1670.
7. On average, an oak tree will produce 10 million acorns in its lifetime.
8. Reindeer are the only species of deer which sees both male and females grow antlers. Male antlers can grow up to 1.4 meters long!
9. The term "muscle" originates from a Latin word that translates to "little mouse," a perception held by Ancient Romans who believed that flexed bicep muscles resembled small mice.
10. The song 'Jingle Bells' was originally named 'One Horse Open Sleigh' and was originally written for the American holiday of Thanksgiving.

ACKNOWLEDGMENT OF COUNTRY

The University of New England respects and acknowledges that its people, courses and facilities are built on land, and surrounded by a sense of belonging, both ancient and contemporary, of the world's oldest living culture. In doing so, UNE values and respects Indigenous knowledge systems as a vital part of the knowledge capital of Australia.

We recognise the strength, resilience and capacity of the Aboriginal community and pay our respects to the Elders past, present and future.

USEFUL LINKS

- >>> [UNE Safety and Security](#)
- >>> [UNE Student Support and Services](#)
- >>> [UNE Campus Maps](#)
- >>> [Oorala Aboriginal Centre](#)
- >>> [UNE Current Students](#)
- >>> [UNE Students Services](#)
- >>> [Student Services and Amenities Fee \(SSAF\)](#)
- >>> [UNE Dixon Library](#)
- >>> [UNE Urgent Mental Health Support Line](#)

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