

Roseworthy Student Newsletter



SCHOOL NEWS

NEWS FROM THE APO

We are now over half way through semester one. There are student representatives on various School committees (refer to the list in this newsletter). This important role involves attending monthly meetings and providing that valuable link between the programs and students. It is an opportunity for the representatives to provide feedback and information from a student perspective and can help shape the future of the programs.

Just a reminder about Q-Fever.

Q-Fever is an infectious disease and the School has Vaccination Guidelines around Q-Fever vaccinations. It states that: Bachelor of Science (Veterinary Bioscience) students must be vaccinated against Q-Fever (unless initial skin test indicates pre-existing immunity).

Bachelor of Science (Animal Science) students are strongly advised to vaccinate against Q-Fever (unless initial skin test indicates pre-existing immunity).

All new Bachelor of Science (Veterinary Bioscience) students must be vaccinated by the last day of the first teaching period of their veterinary studies.

DUE: Friday 19th June 2015.

Exams will soon be upon us and for first year students, please remember everyone learns differently so find a way that suits you and make a plan. Plan a study schedule and ensure you allow yourself enough time in the weeks leading up to the exam for revision. While some students may find it beneficial to study in groups others prefer to study alone.

Whichever method you use, consider reviewing past exam papers, reviewing lecture and tutorial materials, seek support if you need it and don't be afraid to direct any queries to your lecturers. They are here to help you and want you to succeed.

All the best for the rest of Semester 1.

School Student Service Team

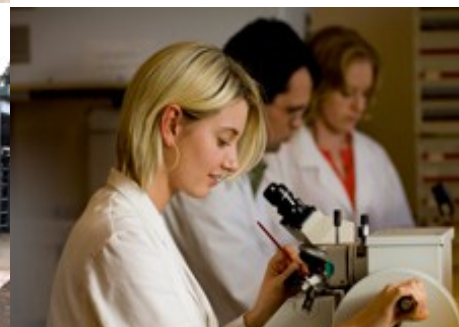
Email: animalvetsci@adelaide.edu.au

Inside this issue

Roseworthy Residential College	2
Exam strategies	3-5
Maths Learning Centre/Student Support & Disability Advisor	6
Roseworthy Café /Grads update	7
News from the Library	8
AUU Update	9
EWO/Writing Skills Sessions	10
Special Interest Groups	11-13
Anzac Day Celebrations	14
Useful Information	15

2015 Diary Dates:

- 15th May
AVSA Pub Crawl
- 19th May
Boehringer Ingelheim "Planned Breeding Techniques"
- 27th May
Large Animal Suture Workshop
- 29th May
AVSA Quiz Night
- 19th June
Q-Fever Vaccinations must be completed
- 20th June –4th July
Semester One—Examinations
- 6th July-24th July
Mid year break
- 20th-24th July
Replacement/Additional Assessment
- 27th July
Semester Two begins
- 22nd August
Rural Practice Day-PASIG and ESIG Members



ROSEWORTHY RESIDENTIAL COLLEGE



Everyone gets nervous as they prepare for exams but revision doesn't have to be a drag, so long as you do it in a way that works for you.

Make a plan

Suss out how much work you have to cover and how much time you have before the exams then draw up a realistic timetable. Switch between subjects to avoid becoming bored of a single topic. The most effective way to revise is to concentrate on understanding rather than memorizing.

Know your stuff

It's much easier to remember stuff once you understand it so if you're struggling, look for fresh sources of info other than class notes. Revise with a friend and see if you can figure it out together (be careful you don't just distract each other!). Or ask your lecturer for help - they might even be running some revision classes.

Staying focused

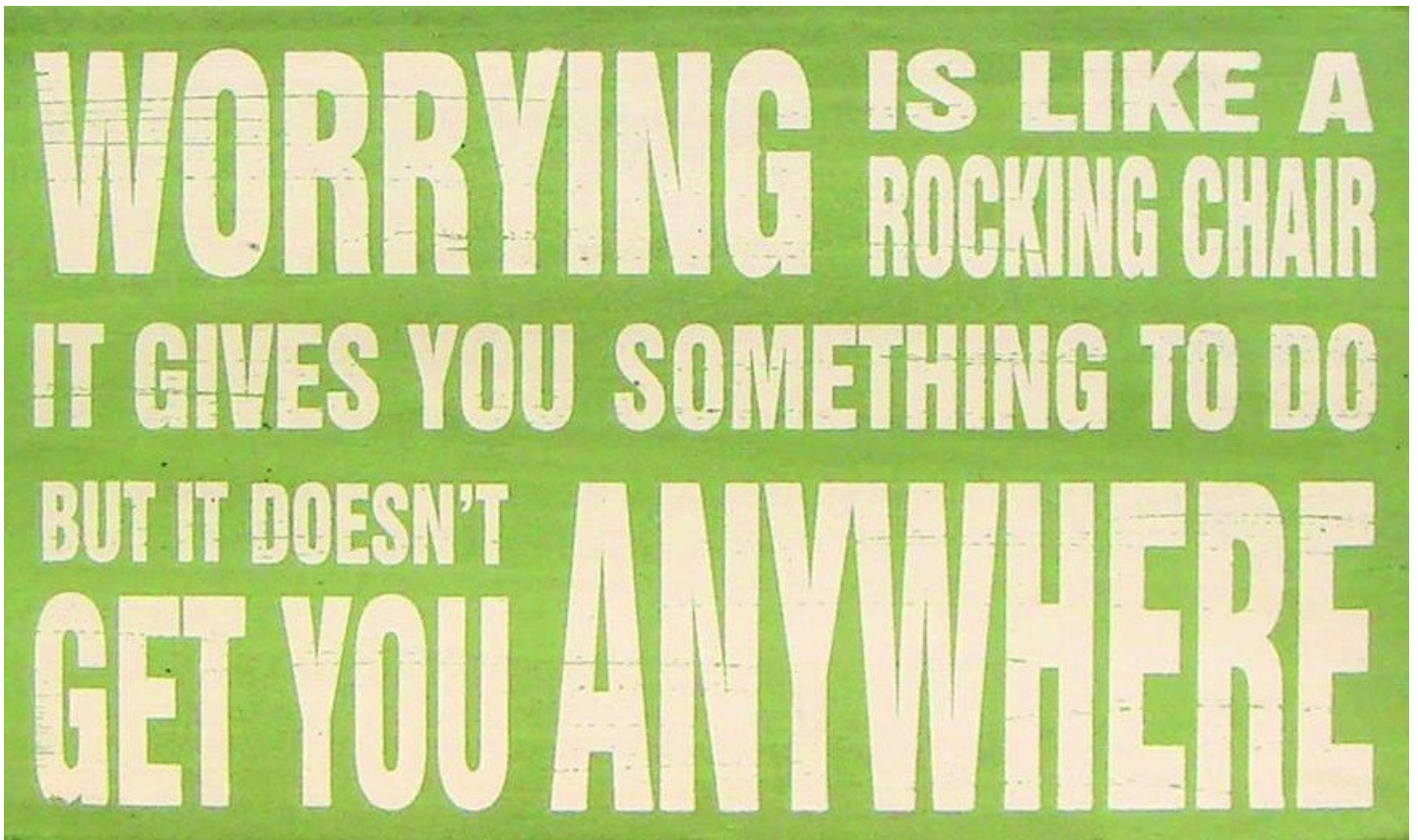
Find a quiet place at home where you won't be distracted by your family, TV or Twitter. Take short breaks every hour or so to give yourself a rest. Drink water and eat healthy snacks to keep your brain ticking over. Set yourself up with a reward after every revision session. Nothing extravagant - just a little treat to help you get back to your books.

The night before

Avoid revision the night before. You'll just stress yourself out trying to cram it all in at the last minute. Complete your revision plan early, relax for the rest of the day, read over your notes and try to get an early night.

On the day

On the day of the exam, don't try testing yourself on specific questions - this will just make you panic about what you think you don't know, rather than focusing on what you do know. Don't think about passing or failing. If you've kept to your revision plan, and you're calm, the answers will come naturally. Good luck!



Exams... lck

A little bit of stress can be a good thing as it motivates us to knuckle down and work hard. But exams can make stress levels get out of hand, which can stop us from performing our best. So it's important to address it and get it back under control.

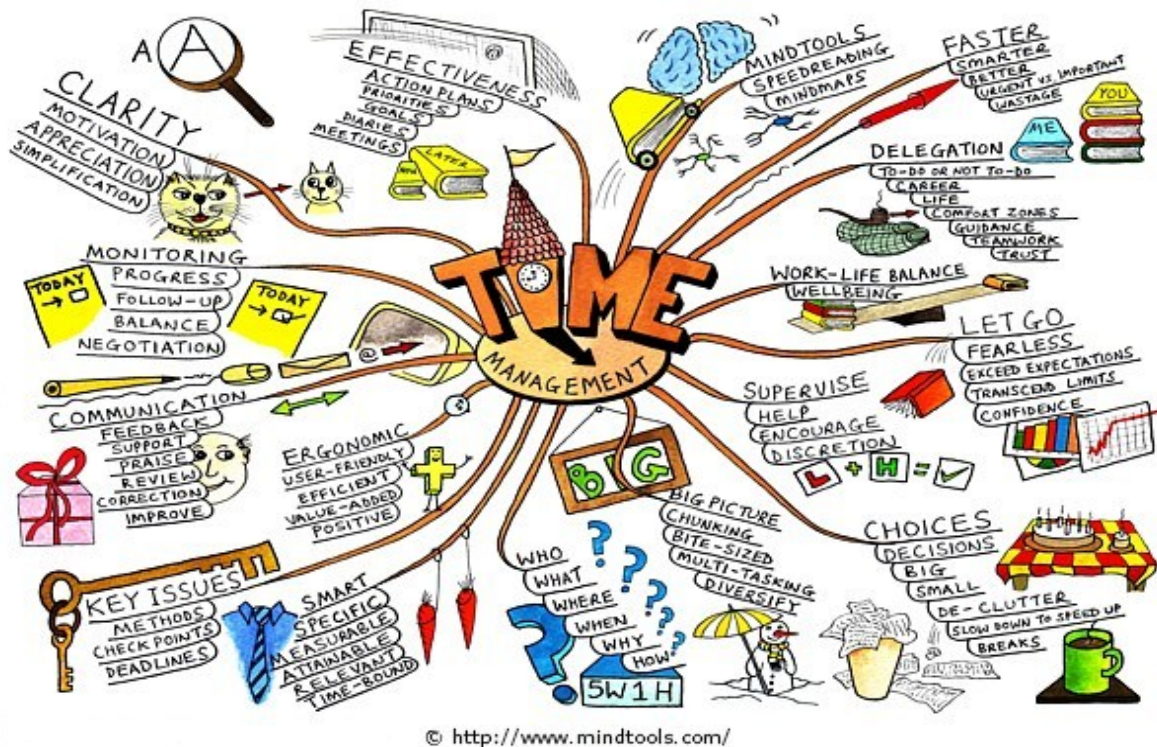
Stress Symptoms

Look out for prolonged or extreme cases of the following if you feel the work's piling up:

Difficulty getting to sleep or difficulty waking up in the morning
 Unexplained aches and pains
 Increased anxiety and irritability
 Lack of interest in activities
 Constant tiredness
 Increased heart rate

Forgetfulness
 Poor appetite
 Blurred vision
 Dizziness
 Migraines/headaches

If you've noticed three or more of the above symptoms and you've experienced them for a few weeks you may need to do something about your stress levels.



How to manage exam stress

- Learn to recognise when you're stressing out. A break or a chat with someone who knows the pressure you're under will get things into perspective.
- Avoid comparing your abilities with your mates. Those "Oh my God I've only read Macbeth 17 times" conversations are such a wind up. Everyone approaches revision in different ways, so just make sure you've chosen the method that works best for you. Make a realistic timetable. Stick to it.
- Eat right. Treat yourself like a well honed machine - eat fresh fruit and veg and have a proper breakfasts. Fuel your brain as well as your body - no one can think straight on coffee and chocolate.
- Sleep well. Wind down before bed and don't revise under the duvet - your bed is a sanctuary, not a desk. Get your eight hours.
- Exercise. Nothing de-stresses the mind faster than physical activity, so build it into your timetable. Being a sloth makes our mind sloppy too.
- Quit the bad habits. Cigarettes and alcohol never stopped anyone being stressed for very long.
- Panic is often triggered by hyperventilating (quick, shallow breaths). So if you feel yourself losing it during the exam, sit back for a moment and control your breathing. Deep breath in and out through the nose, counting to five each way.

Steer clear of any exam 'post-mortem'. It doesn't matter what your mate wrote for Question 3(b), it's too late to go back and change your answers, so it will just make you worry even more.

**Ultimately, don't lose sight of the fact that there is life after exams.
 Things might seem intense right now, but it won't last forever.**

Semester One Exams

You are required to bring with you to the exam venue:

- your student ID (or other photo identification)
- reasonable supplies of all required writing materials, erasers, etc.

Materials permitted:

- a small purse or wallet, including keys, money, ID & credit cards
- one clear bottle of clear water, up to 1 litre in size (water is available at the venue)
- a closed bag stored under your seat
- any materials specified by the examiner, as set out on the front page of the exam paper

Materials not permitted, unless specified by the examiner, as set out in the rubric of the examination paper:

You **must not** bring into the examination venue any material which enables, or has the potential to enable, you or others to cheat or to gain an unfair academic advantage. Examples of materials which **are not** permitted include, but are not limited to:

- writing or other paper
- dictionaries, textbooks, notes or other reference material not specified on rubric of exam paper
- electronic devices including: calculators, diaries, dictionaries, organisers, laptop or palmtop computers, mobile telephones, or other communication devices unless specified by the examiner (and only self-powered that operate quietly would be acceptable).
- any drinks other than clear water in a clear container

Materials NOT to be removed:

You must not remove from the venue any materials issued for use in the examination, or any copies of such materials. All such materials remain the property of the University, whether the materials were actually used or not. These includes scripts, blank answer books, question papers and drawing or scribble paper.

Students bringing **bags** into the exam venue may be subject to inspection as you enter the venue. Place all the materials you will need on your desk, close your bag and store it under your seat. Any items not permitted in the exam must be stored in your bag and not your pockets.

Mobile Phones

You are not permitted to bring your mobile phone into the exam venue unless it is switched off and stored in your closed bag under your seat.

If a mobile phone is found switched on in your possession during the exam it will be deemed as a breach of the policy and will be held as unauthorised material and returned to you at the end of the exam. This may result in the matter being referred to the Head of School for further action in accordance with the Academic Dishonesty Procedures.

Replacement/Additional Assessment

If you are ill on the day of your exam or unable to attend please advise your course coordinator as soon as possible and apply a replacement exam. Application forms for a R/AA are available from the Roseworthy Student Services Office and online at <http://www.adelaide.edu.au/student/exams/supps.html>.

Results

Results for Semester 1 will be available on Access Adelaide from 15 July. If your results have not been posted contact your School or Faculty for advice.



The majority of exams held on the Roseworthy Campus will be in
Callaghan 18a&b and in the **Information Centre**.

Check your student email and the official timetable online for any venue changes!

Exam timetable: <http://www.adelaide.edu.au/student/exams/timetable.html>

STUDENT SUPPORT AND DISABILITY ADVISOR

The Counselling Service is **free** and confidential and is available to all enrolled students seeking to address issues that may be affecting their study and life. Our professional counselling team is available to help you explore options to resolve these difficulties.

The Roseworthy Counselling Team



Sally Polkinghorne



Pippa

Sally is available for appointments on Monday, Thursday and Fridays.

Appointments can be booked by emailing Sally, at sally.polkinghorne@adelaide.edu.au, or contacting Rebecca Dunbar at the Student Services office, or by phone on 8313 7812.

If you have an appointment with Sally please come to the Student Services office in Roseworthy College Hall and let the staff know.

Email: sally.polkinghorne@adelaide.edu.au

Web: www.adelaide.edu.au/student/support/roseworthy

http://www.adelaide.edu.au/counselling_centre/

www.grieflink.org.au

www.headspace.org.au

UniThrive App! Download the UniThrive App to...

- **Monitor your current mood**
- **Hear quotes from three helpful individuals - you choose who!**
- **Receive daily tips**
- **Record what you're grateful for and what has gone well**
- **Use our relaxation resources**
- **Prompt yourself to do the small things**
- **Enjoy seeing and hearing our UniThrive sheep!**



<http://www.adelaide.edu.au/uni-thrive/>

Maths Learning Centre (MLC)

The Maths Learning Centre exists to help all students succeed at learning maths and statistics at the University of Adelaide. At North Terrace, the Drop-In Centre is open 10am – 4pm Mon to Fri during teaching weeks, SWOT and Exams. Feel free to drop in to talk about learning maths. Also check out the online resources at www.adelaide.edu.au/mathsllearning/drop_in

MLC at Roseworthy

The MLC coordinator David Butler visits Roseworthy Campus on a regular basis. For dates please check www.adelaide.edu.au/mathsllearning

Discussing statistics for research students

If you want to discuss statistics relating to a research degree, please email mathsllearning@adelaide.edu.au to make an appointment. Note that he is not a statistician, so he can't analyse your data for you, but he can give general advice about what stats procedures might be the most appropriate for your research and data.

EMAIL: mathsllearning@adelaide.edu.au

WEB: www.adelaide.edu.au/mathsllearning

PHONE: 8313 5862





Soup is back! Mug and bread for \$5 or a bowl of soup with bread to dine in for just \$8.00! Check out our daily winter warmer specials such as Nachos!

Want to be on our daily 'What's for lunch' email? Just contact us through the Roseworthy email address or see us in the café.

We are able to assist any organisation on campus; quotes for events held on campus are welcome!

Pre-order your lunch and never miss out! (Sandwiches, baguettes etc orders by 10:30am if possible) For assistance from the café please contact Cath Frankel on 8313 7815 or email:

roseworthy.cafe@adelaide.edu.au



The University of
Adelaide Club



North Terrace, Adelaide SA 5005
Phone: +61 8 8303 3077
Fax: +61 8 8303 6913
Email: events@adelaide.edu.au

**What happens after Graduation... what to expect when you get out in the real world!
An informative evening with new Graduates. Thank you to Manhei Ma, Allie Brown, Sophie Booker, Alice Robinson and Peter Toh.**



NEWS FROM THE LIBRARY



Library Hours - Semester Times

Monday	8.30am – 9.00pm
Tuesday	8:30am – 6:00pm
Wednesday	8.30am – 9.00pm
Thursday	8:30am – 6:00pm
Friday	8:30am – 5:00pm
Saturday/Sunday	CLOSED (but see below)

Sunday Opening hours

The Library will be open on Sunday from 1:00pm to 5:00pm on the following dates during the exam period:

14th June

21st June

28th June

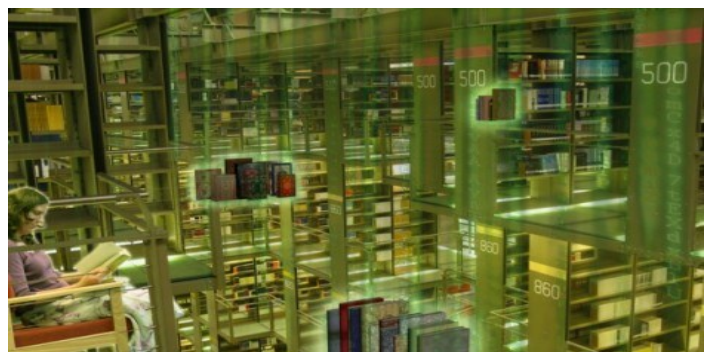
Come along to the library on these Sundays to make use of the additional opening times

**Library hours during semester break will be
Monday – Friday, 9am – 5pm**

The Library of the Future Project

This is a plan to ensure the University Libraries continue to be a thriving, relevant resource for the University community with space and facilities redesigned to meet future needs and aspirations.

An event to launch this project will be held at Roseworthy Campus on Monday 18th May, 2.30pm in the Council Room in the Main Building. All students and staff are invited.



<http://www.adelaide.edu.au/infrastructure/projects/current/lotf/>

Look what's new at the AUU Office



Champagne Flutes - 2 Pack & Wine Glasses - 2 Pack

These quality and classically shaped champagne flutes and wine glasses feature The University of Adelaide logo finely laser engraved and come gift boxed in a pack of two.

Price: \$39.95

Member Price - \$35.95



Knit Scarf - Price \$19.95

Members price \$17.95

This quality scarf is soft, comfortable and features the University of Adelaide embroidered. The scarf has a cable row design and loop feature.

Knit Beanie – Price \$14.95

Members Price \$13.45

Stay cosy and warm with this University of Adelaide knit beanie. The beanie features a cable row design and inner fleece headband for extra comfort



Student Care- Education and Welfare Officers

Education and Welfare Officers are able to provide advice, support or information on any of the following matters:-

- Information and referral for any issue which affect a student's ability to study
- Academic complaints, grievances and student rights issues
- Accommodation assistance
- Loans and small grants
- Centrelink, tax and legal assistance

An Education and Welfare Officer will come to Roseworthy to meet with you or accompany you to any academic meeting that you need to attend if necessary.



Roseworthy Campus

You can see an Education and Welfare Officer at **Roseworthy** on **Tuesday 19th May** between 11am and 2pm. They will be in the meeting room of Corridor Block.

To make an appointment phone 8313 5430 or send an email to studentcare@adelaide.edu.au

Top Ten Tips For Stressing Less

1. Sleep
2. Eat
3. Talk
4. Ask
5. Share
6. Laugh
7. Take a Break
8. Take a Walk
9. Read
10. Talk To Us

thedesk provides online resources to help Australian uni students to help to improve their mental and physical health and wellbeing and be able to study more effectively. **thedesk** offers free access to online modules, tools, quizzes and advice. To register go to www.thedesk.org.au

Writing Skills Sessions

Drop in to Maitidli Café



FREE writing support for Roseworthy students



Thursdays and Fridays 12 noon - 2 pm

Need writing help outside of these times?

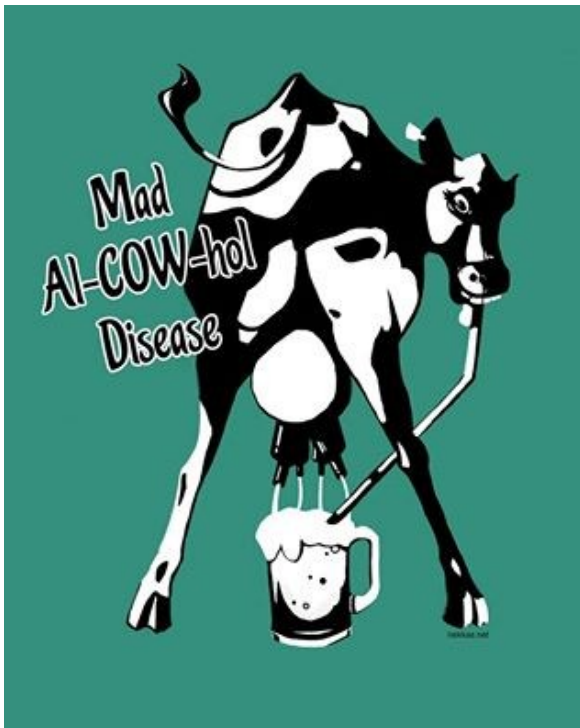
email: dana.thomsen@adelaide.edu.au

Special Interest Groups



The AVSA committee has been very busy these past few weeks organising the Pub Crawl, Quiz Night and merchandise sales! This merchandise drive saw a massive increase in the amount of merchandise sold, which we hope was partially thanks to our new rugby jumper design.

We also ran the Pub Crawl T-shirt design competition, resulting in this year's striking winning design. We hope to see many students out and about flaunting the design on the night (Friday, 15th of May).



Quiz Night will be held on the 29th of May. Tickets are on sale at the moment, with funds going towards sending our DVM students on the Africa Study Tour. There are some great prizes and it is bound to be a fantastic night! If you haven't got your ticket, start organising your table and get in contact with us.

Stay tuned to AVSA's Facebook page to keep in the loop about upcoming events.

Hope to see you all soon-.

Sarah and the AVSA Team



CASIG has had a great start to this year, and has many more exciting events planned! Thank you to everyone who supported the AWL fundraiser breakfast last Thursday, together we raised \$240 for the AWL!

The committee have been busy planning exciting events for the next few months. Watch out for:

A dog agility session with an Adelaide trainer
Idexx Cytology Wetlab (Wednesday the 5th of August)

Pocket Pet night (Monday the 10th of August)

RSPCA cupcake day

Feline Night with cat veterinarian Dr. Kate King all the way from Canberra (Monday the 7th of September)

To wrap up the year - "Careers and Cocktails" (Thursday the 8th of October).

We will also be selling pet first aid kits and suture kits towards the end of this semester.

If you would like to join, there are a few member USBs left. Head to <http://www.avsa.org.au/casig>. Please direct any queries to christine.mcguinness@student.adelaide.edu.au. We hope to see you around soon!
CASIG committee



PRODUCTION ANIMAL Special Interest Group
The PASIG is aimed at students with an interest in one or many aspects of production animals. We are open to agricultural, animal and veterinary science students of all year levels.

Please contact production-animal@auu.org.au if you wish to join or have any questions.

Dates for your Diary

Boehringer Ingelheim "Planned Breeding Techniques: What we use, why we use it, when we use it"

19th May, (Tuesday, Week 10) Veterinary Tute Rooms, 12-1pm
FREE lunch for members, gold coin donation for non-members

Large Animal Suture Workshop

27th May (Wednesday, Week 11)- more information to come via email

Members only

Rural Practice Day

Saturday August 22nd

PASIG and ESIG Members

Student Associations and Special Interest Groups



Rumble in the Jungle

We kicked off this year in style by throwing a big Jungle themed dress up party complete with a DJ, facepainting and photobooth. There was a prize of a zoo membership up for grabs for best dressed which was won by Sarah Nicholls in a very impressive Toucan ensemble!

The night was a huge success and we managed to raise \$615 with all the proceeds being donated to the Australian Marine Wildlife Research and Rehabilitation Organisation (AMWRRO). We would like to thank Aaron Machado (president of AMWRRO), Alanna Night and all the AMWRRO volunteers who took the time out of their busy schedules to come down and talk to students about their cause.

Wildlife Disease Association (WDA) Wine and Cheese Night and WDA Scholarships

Special guest speakers from the WDA joined us to tell us all about the International Wildlife Disease Association Conference in the Sunshine Coast this year. Members sipped on wine and gorged on cheese while listening to Wildlife gurus Jo Griffith, Jenny McLelland and Anne Fowler talk about the conference and their experiences in the wildlife industry.

We have supplied five AWAG members with scholarships this year to supplement their costs in attending the conference. We congratulate all the winners and applicants this year!

Upcoming Events

Include a talk and quiz complete with prizes from Gordon from Wombarroo in regards to raising Wildlife, a koala seminar evening, behind the scenes visit to Monarto and more!

Not a member yet? You can purchase your membership through either of the following two methods:

1. Our website <http://www.avsa.org.au/awag-sign-up-now/>

2. Bank transfer using the following details: Wildlife Appreciation Group BSB: 105-074 Account number: 046 697 040

For more information about Student Associations and Special Interest Groups within the School of Animal and Veterinary Sciences visit

www.adelaide.edu.au/vetsci/current-students/associations/





Semester 1 Term 1 update

ESIG has had an exciting term 1 which began with membership sign up. The committee were delighted that we managed to gain over a 100 new members for what is looking to be an exciting 2015! ESIG has already hosted some events: a lunch and learn with Dr. Joop Loomans all the way from Utrecht University, on the Veterinary business which was attended by many students from campus. Adelaide Plains Equine Clinic has also hosted a castration day for ESIG members, which as useful, under Dr Elizabeth Herbet was a huge success.

Looking forward to term 2 we have a few exciting events on the horizon. Most notably the much anticipated RaceDay! This year students will be able to tour facilities at Morphettville Race Course, meet the Veterinarians at Morphettville Equine Clinic and enjoy the afternoon watching the horses from the members area on the finish line. This is set to be one of the most popular events of the year! Also coming up is hoof care day with Ben Pollock leading. A day which begins with a wet lab and finishes out in the horse barns learning some hands on farriery skills. Keep an eye on our facebook page for more updates on events, looking forward to seeing you all at events.

The ESIG Committee



Castration Clinic with Dr Elizabeth Herbet, Adelaide Plains Equine Clinic.



Membership Sign-up Day

Animal Science and Postgraduate Students.....

Roseworthy Animal Science and Postgraduate Students Society (RAPS)

RAPS held a member drive BBQ lunch on the 7th and 8th of May and we had 50 new members sign up. If you were unable to get to the BBQ's you can always contact us through the AUU website or through our Facebook page "Roseworthy An-Sci and Postgrad Students' Society – RAPS". Our membership is only \$10 for the year and we are working on holding both a Research Day and a Career Day later in the year. As well as these events we are aiming to hold workshops and social events at little or no cost for you.



Want to get involved?

We are still looking for any Animal Science and Honours students who would be interested in representing their year level on the committee. Your involvement in the committee will help us to provide events that you want; whether it is statistical help for your projects, revision sessions or more free BBQ's. Even if you would just like to help out with our events please let us know so we can invite you to our planning meetings.

If you have any questions/suggestions or representative nominations please feel free to contact any of the following committee members.

Simon Pols (President)

simon.pols@adelaide.edu.au

Mandy Bowling (Vice President)

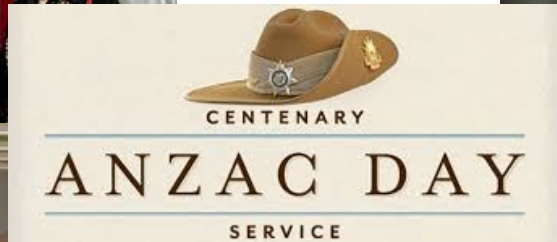
mandy.bowling@student.adelaide.edu.au

Sarah Weaver (Treasurer)

sarah.weaver@adelaide.edu.au

Rebecca Devon (Secretary)

rebecca.devon@student.adelaide.edu.au



The Student Services office has moved!

You will find David, Sally, Lesley and Rebecca just along the hallway from the previous office. The new space is near the foot of the stairs in the Main entrance hall. Come and find them, so you know where they are next time you have an Accommodation question, have an appointment with the Student Counsellor, have a parcel to collect, need a locker key or just feel like saying hello.

Booking a space for Student Events

Students are welcome to use the Roseworthy Campus facilities to hold events or functions. If you would like to make a booking please contact Rebecca Dunbar in the Student Services office and she will be able to help you. If your event involves food and/or alcohol you will need to fill out the appropriate form.

Student Representatives on Committees

Committee	Student Rep	Program / Year Level
Learning and Teaching Curriculum Committee	Adam McCall	Animal Science student 3 rd year rep
	Richelle Butcher	Vet Bioscience student 3 rd year rep
	Rotation - main contact is Kate Hardman	DVM student 3 rd year rep
DVM Program Management Committee	Kathy Burbidge /Keith Ross Anderson	DVM student 1 st year rep
	Sian Hay	DVM student 2 nd year rep
	Rotation - main contact is Kate Hardman	DVM student 3 rd year rep
Vet Bioscience Program Management Committee	Taylor Hawkins	Vet Bioscience student 1 st year rep
	Lauren Williams	Vet Bioscience student 2 nd year rep
	Sally Gazzard	Vet Bioscience student 3 rd year rep
Animal Science Program Management Committee	Rohan Suresh Kuma	Animal Science student 1 st year rep
	Phoebe Storey	Animal Science student 2 nd year rep
	Adrianna Ruggiero	Animal Science student 3 rd year rep
Staff Student Liaison Committee	Amber Jurek	Animal Science student 1st year rep
	Belinda Halliwell (2/3 yr) Tom Flinn	Animal Science student 2nd year rep
	Amy Bates	Animal Science student 3rd year rep
	Mitchell Graham	Vet Bioscience student 1st year rep
	Rianna Dinon/Simone Treloar	Vet Bioscience student 2nd year rep
	Vacant	Vet Bioscience student 3rd year rep
	Kathy Burbidge/Keith Ross Anderson	DVM student 1st year rep
	Ellen McBride	DVM student 2nd year rep
	Farrah Preston	Honours Representation
	Vacant	HDR Representative

Got a contribution for the next newsletter? Email it to
rebecca.dunbar@adelaide.edu.au

Next contributions due early August