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Diary Dates:

29th July	Semester 2 commences
30th July	Graduations' Anomalies Deadline 5pm COB
8th August and 5th September	Education Welfare Officers available on the Roseworthy Campus
31st August	Semester 2 Census Date

Please email any contributions for the Roseworthy Student Newsletter to Rebecca at

rebecca.dunbar@adelaide.edu.au



NEWS FROM THE APO

CONGRATULATIONS

Congratulations to the 10 students (Emily Buddle, Bonnie Chapman, Logan Dennis, Julia Huser, Megan Jaeschke, Reece Mason, Ellison Musimuko, Katerina Vallance, Nicholas Van den Berg and David Wooley) who represented the University of Adelaide at the Intercollegiate Meat Judging competition recently. The University came 3rd overall out of 15 universities. Well done everyone!

GPA's

It is a Program Rule for Veterinary Bioscience and the Doctor of Veterinary Medicine that students maintain a cumulative 4.0 GPA. Vet students will soon be able to view their own GPA through MyUni. I will email students in the coming weeks to let them know they have been posted.

Good luck for this semester.

Kat

Kat Norris
Academic Programs Officer
School of Animal and Veterinary Sciences
Tel: 08 8313 7797
Email: kat.norris@adelaide.edu.au

Welcome back

I hope you had a relaxing break and are ready to start back at Roseworthy.

STUDENT REPRESENTATIVES

Our School based Committees continue to meet on a regular basis. Remember we have student representatives on many committees so if you have any issues you would like to raise please speak to your relevant student representative.

SELTS

Thank you to all students who completed SELTs (Student Experience of Learning & Teaching) in Semester 1. Your feedback is valuable and we appreciate you taking the time to complete it. Once you complete the SELTs, the envelope is sealed and sent to North Terrace to be collated. Course Co-ordinators receive a summary of the results and then analyse the feedback and report back to the relevant Program Management Committee (i.e. Animal Science, Vet Bioscience, DVM). They report what worked in the course, what didn't and how they are going to improve their course for next time based on the feedback received by students. The University also requires an evaluation on courses that students rate as low. Many changes that have been made to courses occurred as a result of student feedback.

From Semester 2 SELTs will now be administered online. Again we would appreciate your feedback at the end of Semester 2.

Critical Dates in Semester 2, 2013

<http://www.adelaide.edu.au/student/dates/critical/2013/>

Last day to add courses online	Mon 12 August
Due date for payment of upfront student contributions & tuition fees	Fri 16 August
Last day to delete courses from a student's record	Sat 31 August
Census Date: Last day to withdraw without incurring liability for student contributions or tuition fees	Sat 31 August
Last day to withdraw without failure (WNF)	Fri 20 September
Last day to withdraw fail (WF)	Fri 1 November
Exam period	Sat 9 - Sat 23 November
Replacement exams	Wed 11 - Tues 17 December

Roseworthy Residential College

WELCOME BACK!

Welcome back to all residents for semester II 2013, hope you are refreshed and looking forward to the remainder of the year.

A special welcome to our commencing residents - our hope is that you will find the Roseworthy community to be a great place to live and study and that you will make lifelong friends and achieve academic success.

Congratulations to all students on successfully completing your exams. Did you your exceed your expectations and perform strongly? Were you disappointed and felt you could have done better? Now is a great opportunity to take stock get the right balance to prepare for the remainder of the year. Sally Polkinghorne, our Student Support and Disability Advisor provides some great tips for getting a great head start this semester later in the newsletter.

STUDENT SERVICES AMENITY FEE (SSAF)

All students will soon be surveyed on priorities for spending money generated from the Student Services and Amenities Fee (SSAF). I strongly encourage you to participate in the survey to ensure that Roseworthy Campus is sufficiently represented and we can continue to upgrade facilities and services on campus for all students.



HOUSES STUDY ROOM

We have now completed the study space in the Custance Centre (H42 on the Roseworthy Map) and have included a small computer room and printer for use by residential students.





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

Student print quota can now be used in the Library

A new print and copy system has been installed in the Library, which will enable students (undergraduates, honours and postgraduate coursework) to print and copy using their student print quota.

A limited Copycard service will remain until the end of September to enable users to use up any remaining balance. No further Copycard account top-ups will be accepted.

All users will be able to scan to a USB for no charge.

Non student quota users (staff and postgraduate research students) will be able to scan to a USB at no charge, or borrow items to copy in their offices.

For non student quota users, the price of printing and copying has increased to cover costs.

Price per impression:

A4 B&W - 20c
Colour - 75c

A3 B&W - 30c
Colour - \$1.50

Café and Tavern

cec
catering & events
on campus



roseworthy.cafe@adelaide.edu.au

8313 7662

MAITIDLI CAFE NEWS

Opening times

8am to 5pm

Welcome back!!!

Soup is still on!
Warm your winter with our daily section of soups.
Mugs: \$4.50 & Bowls: \$6

Pre-order and pre-pay for your lunch in the morning and avoid the rush!

Dinner served for residential students from 6pm to 7:30pm

Meals are available for other patrons starting from \$12:00.

Book your upcoming function with us now!

ROSI TAVERN NEWS

FRIDAYS

Knock off and nibbles

4pm to 9pm*

Meet new people or treat your staff, after a hard week at the office or study!

Function bookings welcome

All welcome!

*9pm or earlier if no patronage.

Animates Peer Networking Program

The Animates Peer Networking Program would like to welcome back everyone and offer a special welcome to anyone new to Roseworthy.

The Animates Peer Networking Program is a Peer Mentor service available to all students but mainly focuses on those new to the University of Adelaide, Roseworthy Campus. If you are new to the university or even if you have been here a while and you have any questions about anything, please contact me on the email address below and I will do my best to answer them or at least point you to someone who can.

I will be sending out a survey to the first year students to get any feedback on your experiences with Animates. There will be prizes available, including a \$50 Unibooks voucher and Maitidli Café (the Roseworthy Café) vouchers, to those who do the survey and send it back to

me by the date specified. All surveys will be put in a hat and winners of the prizes will be drawn out randomly. By completing this survey you can help the Animates better serve future first year students in settling into uni life.

On Thursday the 15th of August there will be opportunity for anyone who would be interested in becoming a Peer Mentor or student leader to come and talk to myself or Kerry Clarke from North Terrace. Kerry runs the Student Leadership Certificate Program (SLCP). This program helps to recognise the valuable contributions that student leaders make to the student experience and the university. The Animates are always on the lookout for more mentors and student leaders, so if you are interested in

becoming a Peer Mentor, student leader or both, come and visit Kerry and myself outside the Cafe on the 15th of August. Also keep an eye out for an email from the Transition and Advisory Service inviting you to join the programs. If there are any questions you can email me at simon.pols@adelaide.edu.au.

All the best,

Simon Pols, Animates Coordinator



Student Leadership Certificate Program (SLCP)

Are you committed to helping others? Do you want to be rewarded for your leadership capabilities and the contribution you make to volunteering? If your answers are yes, the SLCP is the program for you!

The Student Certificate Leadership Program (SLCP) is designed to formally acknowledge

students who commit to and participate in leadership programs and activities within the University.

All students will receive an email from the Transition and Advisory Service this week with more information encouraging Expressions of Interest into programs such as the

Animates Peer Networking Program. For more information see

www.adelaide.edu.au/tas/leadership/slcp/

AABSIG RSPCA Behaviour Evening

We are glad to announce that AABSIG will be hosting the head of behaviour from the RSPCA Chris Baverstock. Chris will spend an evening discussing how to recognise companion animal behaviour and body language, especially aggression, and when to respond to these behaviours. The evening will include interactive videos and finger food. All proceeds raised will be donated to the RSPCA.

When: Thursday August 15th
 Time: 5:30pm-8pm
 Where: Vet Building Lecture Theatre (Subject to change)
 Cost: FREE for members, Gold coin donation non-members



Student Associations and Special Interest Groups

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

www.adelaide.edu.au/vetsci/students/studentwebsite/

Give yourself a head start this semester

Semester 2 is here already!

Did you find yourself stressed at the end of semester 1 and feeling under pressure? If you answered yes to this question then it's time to take control of your studies. Don't make the same mistakes again. Give yourself a head start this semester.

Here's some simple tips to get off to a good start.....

ESTABLISH A TIMETABLE: Schedule fixed commitments (e.g. lectures, tutorials, sports training). Also schedule in due dates for assignments, projects and presentations etc. It is useful to bring these dates forward by a few days to give you extra time, which can provide you with an opportunity to reflect and can also compensate for the unexpected (e.g. illnesses). Establishing study/life balance through effective time management is one of the most important study skills you can develop. For copies of Semester planners or for help to establish a study timetable see me (Sally Polkinghorne).

PLAN YOUR DAY: Begin each day with a prioritised and realistic list of things "to do"! Cross them off as you achieve them. Feel great about your achievements and reward yourself.

ORGANISE YOUR STUDY ENVIRONMENT: Ensure that your study area is a pleasant & productive environment free from distractions. Have food and drink readily available. Turn your phone to silent. Organise your books, papers etc. so that they are easily accessed. Searching for things is a big time-waster. Have a tidy desk.

KNOW YOUR PEAK TIMES: Take advantage of your peak study times. Determine when you have the most energy as this corresponds with when you are most able to focus and concentrate. Schedule your most demanding work for these times and less demanding work for other times when energy is not as high.

STUDY BREAKS: Study for about an hour at a time then have a short break. This is an efficient study method because while you are taking a break the brain is still processing the

information. Breaks between study blocks also ensure that your levels of concentration are more likely to be maintained. Ensure that you have time off from study each day. Non-study time is essential to effective study as it allows you to refresh, manage stress and provide a balance that will enable you to sustain your efforts. Don't over commit yourself with extra-curricular activities to the point that it starts to negatively impact on your allocated study time.

DIVIDE AND CONQUER: A large assignment or project may appear overwhelming however it becomes manageable and achievable when broken down into several smaller parts. Set realistic, achievable goals and complete one part at a time.

ALLOCATE THINKING AND REFLECTION TIME: After having completed a piece of writing it can be very useful to leave it for a day or two and then to return to it with new ideas and enthusiasm. Effective time management can allow you the space to do this.

AVOID PROCRASTINATION: Develop strategies that help you resist being hindered by procrastination. Make decisions that are valuing of you and undermining of procrastination. It can be useful to start early in the day. Completing one small task soon after waking up is very empowering and can reduce the risk of procrastination. Reward yourself when you have successfully resisted procrastination and completed your tasks.

LEARN HOW TO DEAL WITH INTERRUPTIONS: Let the person interrupting you know that you are studying and that you really need to continue. Effective time-management allows you free time, so learn how to politely and assertively invite people to phone or visit you during these specific, non-study times.

TAKE CARE OF YOURSELF: Make sure you are attending to the three basics for health and well-being, which are sleep, nutrition, and physical activity.

Healthy Eating

Ensure that your diet is nutritional and that you eat regularly. The brain is not able to convert stored energy (fat) into energy it can use and

requires energy directly from food. Keep your blood sugar levels consistent by eating regular, nutritional food (whole grain breads and cereals, lean protein, fruits and vegetables). This will 'feed' your brain and will assist you to be able to concentrate.

Getting enough sleep

If you are not getting enough sleep you will not be able to concentrate or focus at your optimum level. Try to establish a sleep routine that allows for about 7- 9 hours of sleep per night. Establish a regular, relaxing bedtime routine that will allow you to unwind and "send a signal" to your brain that it is time to sleep.

Regular Exercise

Exercise daily – physical activity helps to manage stress, lifts your mood and improves concentration. Try to get at least 30 minutes of moderate physical activity each day. This can be an organised sport of just going for a brisk walk.

TIME FOR A SOCIAL LIFE: Ensure that you schedule time for socialising, catching up with friends, seeing a movie, visiting family members etc. This contributes to achieving balance in your life which is beneficial to effective study.

STUDY WITH FRIENDS: Sometimes it can be hard to get motivated to study. Feeling deprived, lonely and bored can make the prospect of study almost impossible. It may be worthwhile trialling a study arrangement with a friend. It doesn't need to be with someone doing the same subject or even the same course. Ideally it is with someone you enjoy spending time with. Some students find this invaluable.

Wishing you all successful Semester 2 studies.

Sally Polkinghorne

For more ideas visit

www.adelaide.edu.au/counselling_centre/ or contact sally.polkinghorne@adelaide.edu.au for an appointment.

Self-Help

Find these Self-Help booklets, Semester Assessment planner more on display outside the Student Services Office in the Main Building.



Self-Help Resources
Managing Stress and being a Successful Student
The perfect procrastinator
Sleep - improve it!
Effortless Exams
Anxiety and panic attacks
Time Management
Study tips for succeeding at University
Getting back on the study track
Coping with depression
Increasing Your ZZZ's
Coping with traumatic incidents
Coping with grief and loss

Counselling and Disability Service Self-Help Resources

www.adelaide.edu.au/counselling_centre/resources/

STUDENT SUPPORT AND DISABILITY ADVISOR

Sally Polkinghorne

Phone: 8313 7932 Email: sally.polkinghorne@adelaide.edu.au

G27, Williams Building Roseworthy Campus University of Adelaide www.adelaide.edu.au/student/support/roseworthy

Should you be registered with the Disability Service?

University study can be a challenge ... even more so if you have a disability or condition that you need to manage as well.

The Disability Service can help you manage ways to accommodate your disability whilst at Uni so you can focus your energies towards your studies. We not only look at physical or practical assistance, but we also look at ways to improve study habits in the University environment.

And we value your privacy. Our strong commitment to confidentiality supports all students that we assist.

What types of disabilities do we support?

Student disabilities can include a wide range of issues:

Learning disabilities (such as dyslexia, dyspraxia

or writing and reading difficulties)

Medical conditions (such as Crohns Disease, Chronic Fatigue Syndrome or other physical issues)

Mental illness (an anxiety disorder such as OCD or PTSD, depression, bipolar disorder or schizophrenia)

Sensory impairments (vision or hearing)

Mobility issues

Brain injury (such as strokes or injuries caused by accidents)

Disabilities and conditions do not have to be permanent. We assist students with temporary medical issues such as those caused by sporting accidents (a fractured limb).

How can the Disability Service assist you?

We can work out ways that you can fulfil the expectations of your studies whilst maintaining the required academic standards. Sometimes

people can feel overwhelmed about being faced with these expectations. Remember, it is not about avoiding these expectations, it is about working with them.

Some of the ways we can help

- ◆ Loan equipment
- ◆ Negotiating adjustments
- ◆ Assistance and confidence to approach lecturers
- ◆ Alternative exam arrangements
- ◆ Referral to other services

If you think you may be eligible for this service please visit our website <http://www.adelaide.edu.au/disability/> or make an appointment to see Sally Polkinghorne.

sally.polkinghorne@adelaide.edu.au

Registrations for Alternative Exam Arrangements must be lodged by 27th September 2013

Academic Skills Tuition

Help with Writing Skills

Now available at Roseworthy campus



Dr Dana Thomsen will be hosting Writing Skills Drop-in Sessions to help students with any writing issue from researching and planning your work through to the final edit. Develop your writing skills and reap the rewards of improved grades.

Monday, Thursday, Friday
12 noon - 1 pm
Foyer of the Main Building



FREE HELP AVAILABLE TO ALL RW STUDENTS:
Undergrad, DVM, Hons, Post-grad

Student Care .

Education and Welfare Officers

8313 5430

studentcare@adelaide.edu.au

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.

For an appointment please call

8313 5430 or email

studentcare@adelaide.edu.au and our receptionist will book you in.

EWOs on the Roseworthy Campus

An Education Welfare Officer will be visiting the Roseworthy Campus on **August 8th and September 5th** for student appointments. Please contact Student Care to make a time.

Grants

Walter Dorothy Duncan Trust

The Walter Dorothy Duncan Trust provides financial assistance with educational costs for students who do not have sufficient funds to further their studies, including projects of merit i.e. exchange trips or to purchase necessary resources. This grant is only for continuing students who have completed at least one semester at the University of Adelaide and who have demonstrated academic merit. Grant amounts vary **depending on need**, and availability of funds. **Please contact Student Care on 83135430** for further information and an application form.



Roseworthy Union Office open
10.00am – 2.00pm Monday – Friday.

Roseworthy Campus

**10% off
store wide
throughout
August***

*not applicable to Union membership, Gym membership or University clothing

Roseworthy Welcome Back Lunch

**Thurs 8th August
12–1.30pm
Tavern Lawns
Chicken or Falafel
Yiros plus drink
for \$2**



**Union members.
Pick up your free
Welcome Back
Pack from the
Union office.
While stocks last.**



Roseworthy Chapel

All students are welcome to borrow any of the books and CDs in the Roseworthy Chapel. Please request access through Campus Security.



Roseworthy Campus Childcare Centre



**ROSEWORTHY CAMPUS CHILD
CARE CENTRE Inc.**

NOW INCLUDING - PRESCHOOL

For 25 years our not for profit, community based, family orientated centre has been known for high quality child care for children aged 3 months to 6 years. We now have an experienced, qualified Early Childhood Teacher running our Pre-school program.

Only ten minutes from Gawler, located on the University of Adelaide, Roseworthy Campus, we have a high staff to child ratio, with a maximum of 30 children.

Two well equipped, safe play areas with lawn, sandpits, swings and bike track. Access to farm animals. A nutritious menu supplied daily. Nappies supplied.

CCB approved.

Hours of Operation

7.30am to 6.00pm (Full Day) 7.30am to 1.00pm (Morning)

1.00pm to 6.00pm (Afternoon)

Roseworthy Campus, The University of Adelaide, ROSEWORTHY, SA, 5371

Tel: (08) 8521 2895 (08) 8313 7895



Xavier College is seeking part-time tutors to work week day afternoons from 3.15 to 4.15pm. Tutors are required for Math, English and Sciences.

To apply contact Adla at Xavier College by email:
amattiske@xavier.catholic.edu.au

Students show meat skills

A TEAM of University of Adelaide students has proved they know their red meat, finishing third in the world's largest annual red meat judging competition outside the United States.

The team was one of 15 from Australia, Indonesia, Pakistan, South Korea, Japan, and the United States participating in the Intercollegiate Meat Judging Competition, at Charles Sturt University, Wagga Wagga, New South Wales, last weekend.

More than 120 tertiary students participated in a 2.5-day industry conference last week before workshops on carcass evaluation, Meat Standards Australia grading, value-adding to beef primals, improving lean-meat yield in lamb, and the eventual competition judging of beef, lamb and pork.

Training at least once a week - for three months - at Holco Fine Meats, Cavan, paid-off for the 10 Adelaide students who competed during their mid-semester break.

The introduction of meat science during the Agriculture, Agricultural Science and Animal Science degrees by Associate Prof Wayne Pitchford provides a base for a career in the breeding, production, finishing and processing of red meat. But all third-year students are then given the option to gain further understanding of the red meat industry and "paddock-to-plate" connection.

Of the Adelaide team, Logan Dennis, Koppio; Nicholas Van den Berg, Adelaide Hills; Bonnie Chapman, Hay, NSW; and Julia Huser, Adelaide, were in the top 15 placegetters, going forward to the final round and third place.

Then of the four, Nick was then selected to attend the industry training week in Brisbane to compete for the opportunity to represent Australia in



MEATY RESULT: Ten University of Adelaide students competed in the Intercollegiate Meat Judging Competition, winning a swag of ribbons. At far back are Nick van den Berg and Logan Dennis; (middle row) David Wooley, Kat Vallance, Julia Huser, Bonnie Chapman, Tracey Fischer (coach) and Reece Mason; (front) Megan Jaeschke, Emily Buddle, Cathy Dodd (coach), Ellison Musimuko and Sam Walkom (head coach).

the United States.

The scores of the top four from each university were calculated for the team scores, eventually won by Kansas State University.

The Adelaide team had the highest score based purely on the judging of lamb, pork, and beef carcasses, and beef and pork primal classes.

It also won the lamb judging and pricing class, awarded on the ability to take into account carcass quality and trimness attributes to calculate the retail value for beef carcasses.

Logan, who finished third overall was runner-up in the pricing and placing classes.

Head coach Sam Walkom won the Tom Carr award for coaching excellence in the development of the Adelaide team over the past four years.

Sam said he and fellow coaches Cathy Dodd and Tracey Fischer recognised

the importance of the competition in inspiring fresh graduates to start a career in the red meat industry, with many of the university's previous competitors now thriving in positions in the red meat sector.

Sam was "really proud" of the students' performance - the best in the university's participation in the competition.

"The aim each year it is to inspire those who participate to consider a job in the red meat industry and if we can do that, it has achieved its goal," he said.

"We have achieved that again this year but the icing on the cake has been to perform so well. It has all come down to the team's enthusiasm and willingness to learn."

CATHERINE MILLER

***Full report in *Stock Journal*, July 18 issue, 2013.**