

UNE SCC BULLETIN

KEEPING YOU UP TO DATE WITH EVERYTHING UNE



ELECTIONS

THE SCC IS LOOKING FOR NOMINATIONS TO JOIN THE COMMITTEE!!

CHECK YOUR EMAIL FOR INFORMATION!



**STUDENT
CONSULTATIVE
COMMITTEE**

UNE SERVICES IN FOCUS

UNE has free Counselling services on offer for students who may need assistance. These services are available to any currently enrolled student, online or on campus who may need support. Students face many different types of concerns, and the UNE Counselling service is equipped to tackle these in a confidential and supportive manner, no matter the problem. Students can contact UNE Counselling to talk about low moods, stress, managing relationships, feelings of isolation, loss or trauma or how to manage study workloads among others.

UNE Counselling also offers a service called Study gym. Counsellors can act as your 'personal trainer' to help boost your confidence, overcome exam or presentation anxiety, manage your time, avoid procrastination, and improve your concentration and memory for effective exam revision.

You can contact UNE Counselling Service via 02 6773 2897 or studentcounselling@une.edu.au

EXAMINATION AND PERFORMANCE ANXIETY

HOW TO COPE

Exam anxiety is an unfortunately common experience for many students, and one that can feel overwhelming sometimes! If you are one of the one in five people who commonly suffers from acute exam anxiety, know you are not alone, and there are some small tactics that can help you get by and perform at your best!

Student Recommended Techniques

- 1.** Manage your negative thoughts. This means focus on what you know, and how you have prepared, rather than any what ifs!
- 2.** Deep breathing and stretching can help reduce physical symptoms of anxiety. Being conscious of tension in your body, and actively relaxing that can assist.
- 3.** Ask for help where needed! UNE has support services you can and should access for help, including Access and Inclusion and Counselling.
- 4.** Prepare yourself for online examinations by orientating yourself with your setting, doing the Try-It-Out exam and ensuring you are familiar with what items you are allowed during your exam! Ensure you have ID, a web cam and a white board for working.
- 5.** Know your avenues of redress – i.e. if you are sick during exams, you can apply for a Special Exam to hold your examination at another time, or if your exam is impacted by conditions outside of your control, you can apply for Special Consideration. Additionally, if there are issues during your online exam, you can seek help from the Proctor-U chat box, and or call the UNE OLX team on (02) 6773 2145 .
- 6.** Review any assignments, quizzes or practice sets prior to exams.
- 7.** Ensure you are rested and hydrated



**Don't forget to
check up on your
friends**



STUDENT FOCUS

Morgan Papas - President of UNE Law Students' Society

Morgan Papas is in her fourth year of a double degree in Law and Criminology and studies on campus while living at College. Morgan's interest in pursuing a career in law started when she studied legal studies in high school, from there she realized that she had a passion for everything criminal and family law related. Morgan's goal is to help those who are in vulnerable situations.

Morgan has been a member of the UNE Law Students' Society since 2018 and this year is the President. In this role Morgan has been given a range of opportunities such as meeting the Honorable Michael Kirby

In talking to Morgan, she talks fondly of her time on the society and recalls her favorite memory as attending the Australian Law Students' Association conference where she had the opportunity to meet law students from every law school in Australia.

COVID19 has had a major impact on the way that clubs and societies operate, and the way students experience learning. For Morgan it had a big impact as her college was closed in Trimester 1 2020. Packing up and driving 13 hours home to Broken Hill was a stressful experience. The distance that was placed between Morgan and her classmates took a large toll on the experience of university as there was no more socialization.



[Hear more about Morgan's time on the LSS on our blog!](#)

Trimester 2 Important Dates!

9th August
Assessment &
Intensive
period begins

23rd August
teaching
recommences
for T2

27th
September
Assessment
& Examination
period

18th October
release
of results

HAVE YOUR VOICE HEARD

SSAF Survey

Have your say in how SSAF is spent to better the experience of students!

EOI!

Do you want to be a part of change at uni? Join the SCC and make that dream a reality!



WHAT TO DO DURING LOCKDOWN

Lockdown can be a difficult time for everyone, to ease the boredom and stress we have put together a list of things you can do to keep yourself occupied that doesn't involve studying!

UNE LIFE

- UNE LIFE is organising another virtual escape room!!
- Get a group together of 3 - 6 people
- Check their social media for upcoming dates
- Complete the online challenge by the 22nd August
- \$300 Woolies gift voucher up for grabs!!

Virtual Paint and Sip

- Grab your art supplies and drink of choice
- Set up a zoom meeting with your friends
- Pick a picture and have fun creating!

Virtual Board Games

- You can still play your favourite games with your friends even if it is from a distance!
- All you need to do is set up a zoom meeting!
- check out the link below for some ideas
- <https://gamenightgods.com/how-to-host-a-virtual-game-night/>

Movie Marathon

- Netflix now has every Harry Potter movie!!
- find other series

J10,000 Steps Challenge

- Register for the 10,000 steps challenge and use your

COLLEGE STUDENTS

UNE Life is providing grocery boxes for those of you who are still on campus!

Check out the Facebook event!



National Student Safety Survey 2021

The National Student Safety Survey has been created to understand what is happening in university student communities. This survey is for both on-campus students and distance students to gain insight into all students, not just those living at a residential college. The survey is funded by Australian Universities, it will collect data on the scale and nature of university student experiences of sexual assault and sexual harassment. You may remember in 2017 the first national survey on this issue was released and it showed some shocking data.

NATIONAL
STUDENT
SAFETY
SURVEY

This survey aims to demonstrate how far UNE has come since the first surveys results were published and where it is going in its efforts to prevent gender-based violence. UNE and other Australian Universities have not taken the results of the 2017 survey lightly, there have been at least 800 major initiatives to prevent and address sexual violence across universities and society.

Sexual violence and harassment are experienced by at least one in five women in Australia. COVID-19 has created an environment where these crimes increase due to the restrictions put in place.

The Australian Institute of Criminology discovered that domestic abuse has increase or became worse during the pandemic. This increase in assaults demonstrates that this survey is essential in understanding what students are going through.

It is imperative for students to complete the survey, so the scope of the issue is accurately brought to light. Universities need to be held accountable and informed so that they can uphold the values that they promote and represent.

If you and selected and agree to participate in the survey you will have support. Universities will be providing counselling services during and after the survey runs to support their students. This process is about making a safer environment for students so it will be ensured that you have the support you need throughout the process.

A massive thank you is given to all students who participate in this survey, it is an extremely important task and we acknowledge how difficult it is to participate.

