

UNE SCC BULLETIN

KEEPING YOU UP TO DATE WITH EVERYTHING UNE

SCC ELECTION NOMINATIONS

ELECTIONS ARE OPEN NOW!
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This months issue:

- SCC Nominations
- The impacts of limited sleep
- Crafting graduate portfolios
- SCC Crossword competition

THE IMPACTS OF LIMITED SLEEP

INTERVIEW BY ZOE ELLEYN & MARY MCMILLAN

My name is Mary McMillan and I am a Senior Lecturer in Biomedical Science in the School of Science and Technology. I'm also the course coordinator for the Diploma in Science and the Bachelor of Scientific Studies, and the School of S&T first year learning and teaching coordinator.

Z: I am sure most university students are guilty of the occasional 'all-nighter'. Mary, could you outline what sleep is for and why it is important?

M: despite the fact that we spend about a third of our lives asleep, we still don't really know much about what sleep is and what's happening when we do it! What we do know is that it is vital – if we stay awake too long we end up with reduced cognitive abilities and memory, mood swings and, if we stay awake long enough, even hallucinations. There are different theories about why we sleep, and most revolve around giving our brains a chance to replenish energy, remove toxins, and helping to strengthen synaptic connections – the connections between our neurons.

Z: What is the ideal amount of sleep a night and do some people just need less/more sleep than others?

M: How active we are, whether we have underlying medical conditions, fluctuations in hormones and even our genetics might influence how much sleep we need. Babies, for example, can sleep between 12-16 hours a day, while for teenagers it's somewhere between 8-10 hours. Most healthy adults seem to work best on between 7-9 hours of sleep a day, while older adults will start to sleep a bit less. There's quite a bit of natural variation in how much sleep each individual needs. While the number of hours might vary from person to person, a simple rule of thumb to follow is that you should feel well rested when you wake up. If you're waking up tired, feeling really tired during the day or relying on caffeine to get you through, that could be a sign you might need a bit more sleep.

Z: You were once a student, what are some of your own personal tips when it comes to making sure we get good sleep as students?

For me it's important to be organised, and make sure I leave enough time to get everything done. I also think it's important to say 'no' to some things and keep your commitments at a manageable level. Taking on too much leaves us stressed, which can affect our sleep. I also really recommend talking about problems and issues that you might be having is really important – when we keep everything bundled up inside the stress and anxiety really does impact our sleep. Finally, while having a social life is important, maybe have a think about the timing of social events so you can try to get to bed a little earlier – your brain will thank you for it!

KEY POINTS



Healthy adults function best on 7-9 hours of sleep. Keep your commitments at a manageable level.

Different factors impact our individual sleep needs.

Using night mode is that it switches the tone of light from blue tones to yellow tones.

CRAFTING GRADUATE PORTFOLIOS

BY SUJANA ADAPA



Crafting Graduate Portfolios The higher education sector is operating in an ever-increasing competitive environment due to complex forces such as internationalisation, privatisation, technological advancements and funding constraints.

Universities within the higher education sector are acknowledged for equipping students with disciplinary knowledge, intellectual curiosity and critical analysis leading to the acquisition of tertiary qualifications. However, the higher education sector and universities are also constantly criticised for not preparing students' adequately in pursuing graduate employability opportunities (Berrett, 2015).

Increasingly, the government funding allocation for the universities is also changing by taking into consideration student outcomes and industry engagement patterns rather than mere student enrolment numbers. Consequently, student graduate employability and employer satisfaction are considered to be important metrics of university performance. Despite rapid increases in higher education participation over the past few decades, employability of graduates seems to remain as a central concern for students (Norton & Cakitaki, 2016).

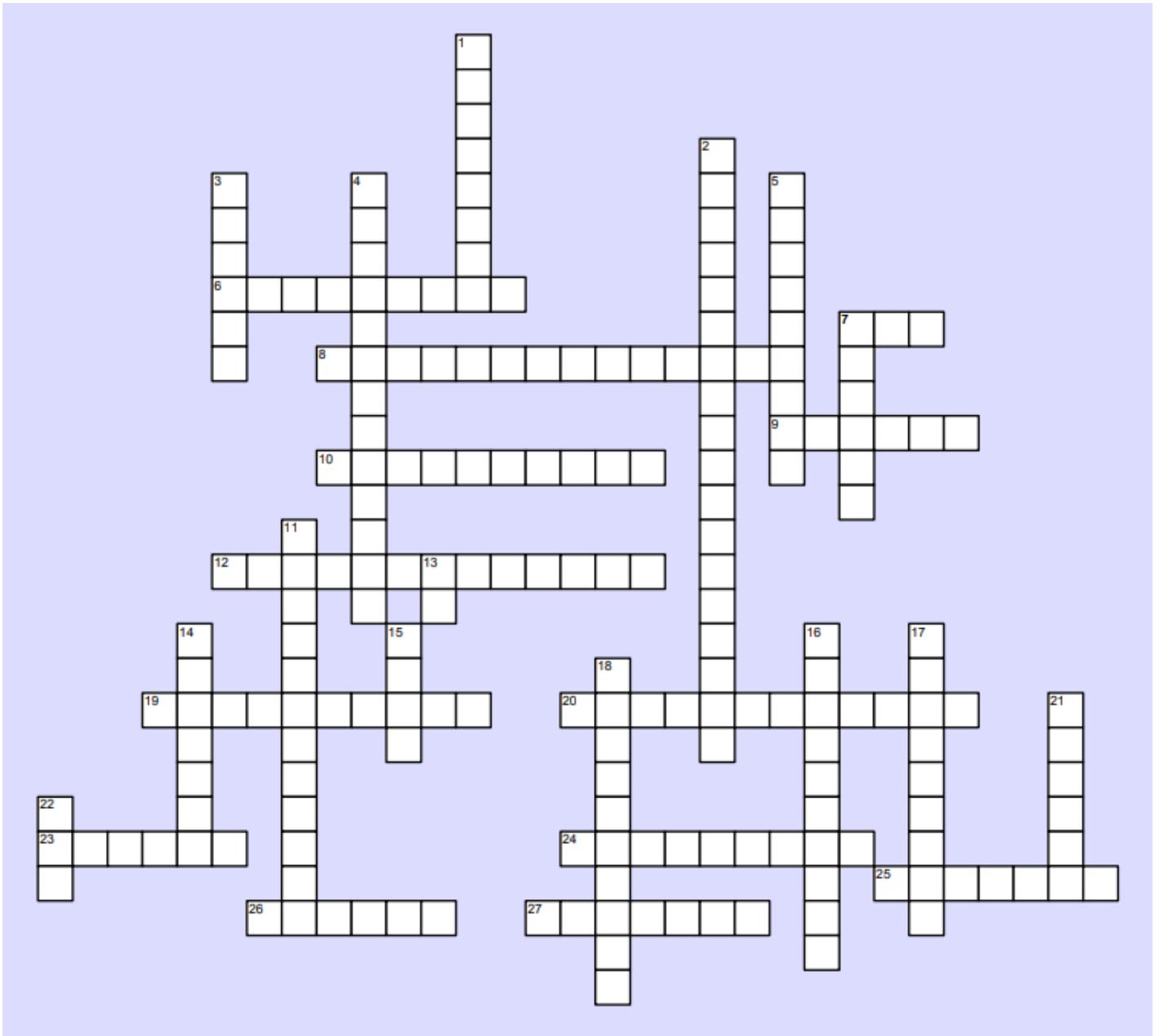
The problem seems to be intensified due to skills mismatch, over or under qualification and poor career choices as university graduates in record numbers are employed in non-graduate jobs (O'Leary & Sloane, 2016). Therefore, focus on engaging students with mentoring networks (both academic and industry) in an inclusive environment creates a mosaic for crafting graduate portfolios specifically targeting the development stage of the students involved (Dobrow et al., 2012).

Existing literature highlights that the quality of partnerships that mentoring networks create are dependent on the frequency of interactions between students and various stakeholders of relevance (Aikens et al., 2017). The trust and relationships developed between mentors and students will foster effective crafting of graduate portfolios that feed into sustainable graduate employability framework. In order to address the aforementioned gaps A/Professor Sujana Adapa,

Dr Janelle Wilkes and Professor Sue Gregory secured funding from the Higher Education Participation and Partnerships Program (HEPPP) for progressing the project titled **Crafting Graduate Portfolios**. This project attracted students from UNE Business School, the School of Environmental and Rural Science and the School of Education and mentors from diverse expertise and experience. The project presented students with four Modules on Personal Branding, Career Mentoring, Career Coaching and Portfolio Creation. This project allowed for networking of students with academic and industry mentors in a safe space and the exchange of career interests, failures and success stories.

The information and activities covered in these Modules helped the development of graduate ePortfolios that leads to the career success of UNE students.

GET TO KNOW UNE



crossword puzzle

across:

6: This residential college is named after a surgeon who was the 11th Prime Minister of Australia. 5,4

7: The _____ consists of a board of elected student representatives and supporting staff representatives, all dedicated to amplifying your voice at all levels of decision making. If you want to chat with a member you can email them, fill out an online feedback form, or even go into their office. Abbreviation 1,1,1

8: This building was named after _____ who was the first female Aboriginal teacher in Queensland; the first Aboriginal to earn a law degree; the first Aboriginal barrister; and the first woman and Aboriginal person to be the head of a government department in Australia. 8,6

9: If you want to drop a unit, it is important to try and drop it before the _____ date, so you won't have to pay for it. However, for extenuating circumstance you can apply to have the unit fees remitted. 6

10: The prestigious _____ Award is presented to students who have embraced the full UNE experience by getting involved in social and community activities that develop life skills. Any UNE student can register to take part in this award through its UNE page. 3,7

12: Who is the Vice-Chancellor and CEO of UNE? 6,7

19: This UNE page is for all those students that are bunkering down around the country and globe right now! A place to escape COVID-19 in the safety of your own home a place to reference, connect, find mindfulness tips and tricks, support, a bit of procrastination and explore a few ideas and thoughts around being a better human. 6,4

20: _____ is a heritage-listed mansion. It was designed by John Horbury Hunt in the Federation Arts and Crafts style and built from 1884 to 1888 by William Seabrook and John Thomas Brown. Originally a private house for the pastoralist White family, it subsequently became the initial building of the New England University College. 12

23: Help _____ are positioned in prominent places around campus. Most can be found attached to light poles. Others can be found in computer labs, car parks and lifts. Should you require assistance simply press the button for a direct connection to Safety, Security Information. You can also download the UNE Safe app that contains emergency contacts, support resources, emergency plans and much more. 6

down:

1: sportUNE facilities include a gym, a yoga and pilates studio, basketball courts, a range of outdoor sporting fields, multipurpose indoor courts tennis and netball courts, a 6 lane indoor 25m pool, and even a _____ wall. Other services include a creche, cafe, personal trainers and BBQ and picnic areas with playground. 8

2: If you need reasonable adjustments to your course, you can register with Student _____ . 6,3,9

3: _____ from home is an optional on-line learning support program for students who may not be confident about studying or writing at university and who would like to do some preparation at home before embarking on their studies. 6

4: If you have a complaint, concern or issue that needs sorting out, contacting the Student _____ is an option. 9,4

5: Student _____ Assistance Funding has been made available from the UNE Foundation and the University to support quick response grants for UNE students experiencing financial hardship impacting their ability to continue their academic studies course program or research at the University. 9

7: UNE was once New England University College of The University of _____. 6

11: Head of School for the School of Law is Professor _____. 7,5

13: If you achieve an 85 and over for a unit, you will get what grade? Abbreviation 1,1

14: The College Safety _____ is a service for students to travel to and from their college and town. It is used to reach essential services in the centre of Armidale. It operates Tuesday through to Saturday and departs Austin College, UNE, about every half hour from 6.30 pm and the last bus from town back to UNE is at 10.15 pm. You can track it in real time by using the UNE Safe app. 7

15: For all your UNE merch swag needs, as well as stationary, equipment for your courses, books, games, gifts and graduation regalia, head to The _____. You can visit it in person: Mon - Fri | 9-4.30 pm, Lower Ground Floor, Union Complex. Alternatively, most items are available online. 4

16: Some universities have semesters, but UNE has _____. This means you can study three study periods a year! No pressure, sometimes a rest is the best option. 10

crossword puzzle

across:

24: What college was opened in March 1958 and was originally an all-girls college, though it has subsequently become co-educational? 4,5

25: Who are the traditional land owners of the land that UNE- Armidale campus is on? 7

26: If you want to search for information or ask a question 24 hours a day, 7 days a week, you _____. 6

27: If you withdraw after census date, but before the last date to withdraw without _____, you won't get an academic penalty, but you will incur a financial penalty. It is a good idea to put these dates into your calendar. 7

down:

17: If you want a way to raise a concern or complaint anonymously, _____ is a good option. 9

18: The UNE motto is 'Ex sapientia modus'. Which in English means: Out Of Wisdom Comes _____. 10

21: The _____ Aboriginal Centre exists to service, support and guide all Aboriginal and Torres Strait Islander students enrolled at UNE. The centre coordinates a variety of programs and services that improve your experience and success at university, and becomes your community away from home. 6

22: A numerical representation of all the grades you have achieved throughout your degree. The

Email your answers to: scc@une.edu.au

SSAF SURVEY WINNERS



WINNERS
ANNOUNCED ON THE
SCC BLOG

Country University Centers

As an online student it can be difficult to not only stay motivated but find local support and feel part of a learning community like if you were an on-campus student. Living in a rural town like Broken Hill which is 14 hours from Armidale, you can feel extremely isolated and overwhelmed about the prospect of undertaking a course of study.

This is exactly the position I found myself in four years ago when I began my university journey. I had made the decision to study online due to my employment on a cattle station which was 3 hours from Broken Hill. Eventually I moved back to Broken Hill and still found myself feeling isolated in my study journey. This is where the Far West Country University Centre entered. This is one of six centres funded by the NSW Government across the state. They are accessible to any university student across eight NSW communities. They supply access to fast internet, printing, a variety of study spaces, skills workshops, and learning skills advisors and can even supervise your exams.

I genuinely do not think I would have continued or been as successful with my study without access and support from these centres. They connect not only local students but students who access the centres from all over NSW. This makes the prospect of studying online and by distance less daunting. They were especially supportive last year during lockdown, providing one-on-one zoom sessions with learning skills support advisors and checked in with students via social media and email.



If you live in Far West (Broken Hill), Goulburn, Clarence Valley, North West (Moree and Narrabri), Snowy Monaro (Cooma) or Western Riverina (Griffith) and would like some support with your study I would highly recommend registering and exploring these wonderful facilities.



UNI HOLIDAYS!!



Student Discounts!!

Take advantage of student discounts before its too late!

Check out UniDAYS, it has discounts on a heap of stores!

The Shop at UNE offers a student discount!

Create a Student Beans account!!

Important Tri3 Dates

18th Oct - T2 Results

22nd Oct - T3 Orientation

25th Oct- Teaching starts

18th Nov - Census Day

6th Dec - Intensive & Assessment period

4th Feb - Teaching ends

7th Feb - Intensive & Assessment period