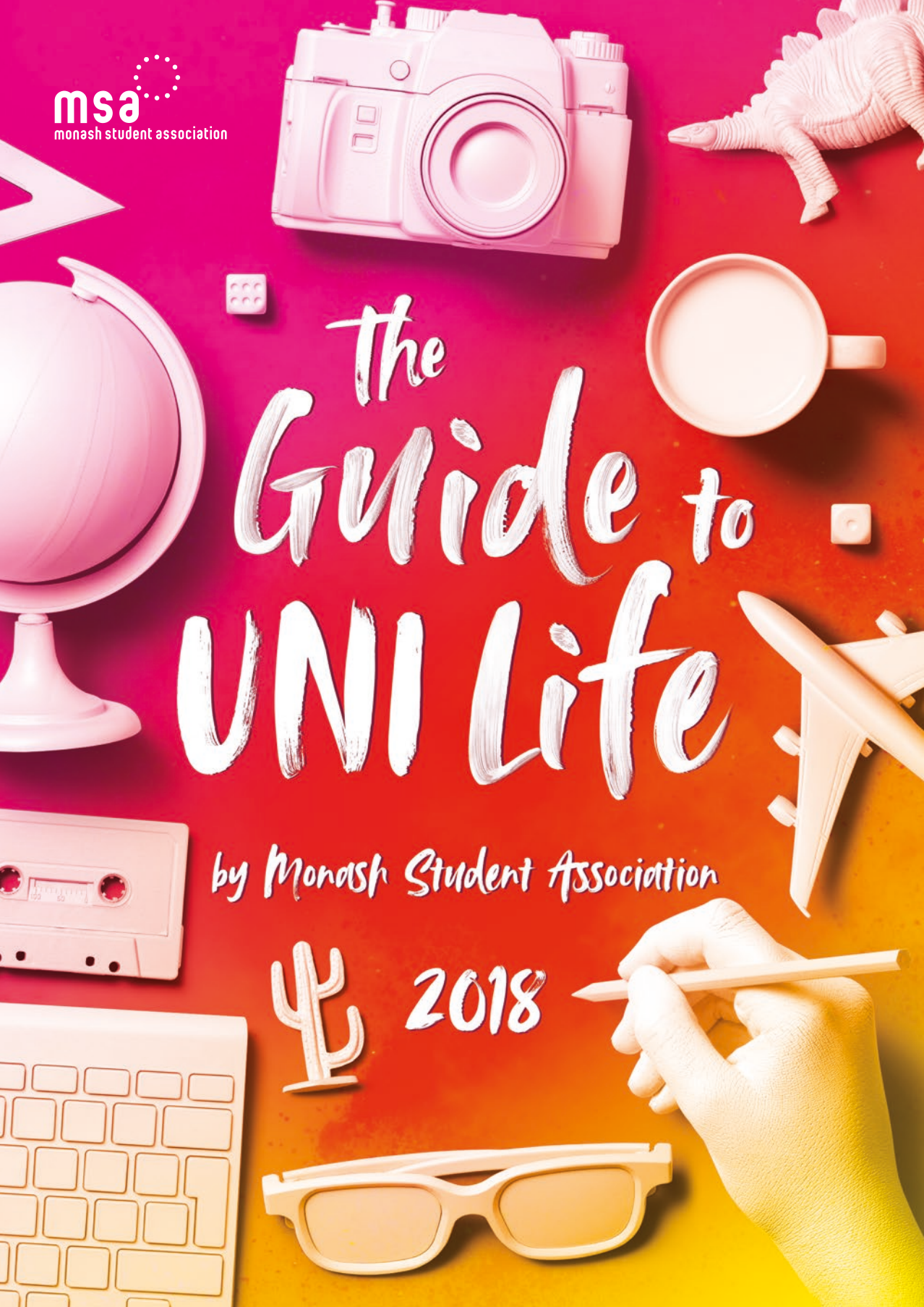


The Guide to UNI Life

by Monash Student Association



2018





MONASH
University

YOUR SHORTCUT TO SUCCESS

79% of students who used the Library
achieved at least a Distinction*

Make the most of the Library
monash.edu/library



LIBRARY

*2015 Library User survey

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A step-by-step guide on how to make the most out of your time at Monash!

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A warm welcome to all new and returning students! My name is Micky Fisher and I'm very excited to be your MSA President in 2018.

The Monash Student Association (MSA) is the representative body for all Monash Clayton students, run by students elected from a wide range of faculties and backgrounds.

The MSA is here to support you in every aspect of your student experience. **The MSA is always in your corner**, with free food, advocacy and academic support, pumping live music, volunteering and leadership opportunities, representations to the university and heaps more. Have a look through this guide to find out more about the **extensive range of services, campaigns, social events** and other opportunities for you to get involved with your student union!

There is no better way to kick off your year than with Orientation Week. **Make sure you come down to the Orientation Festival to meet your MSA elected representatives** in our tent on the Lemon Scented Lawns, and sign up for a wide range of Clubs and Societies!

See you around the campus.

MICKY FISHER
2018 MSA President

(03) 9905 3141
Michael.Fisher@monash.edu



Caitlin McIvor, **Secretary**
(03) 9905 3140
secretary.msa@monash.edu



Grace Rodrigues, **Treasurer**
(03) 9905 3140
treasurer.msa@monash.edu

DEAN'S WORDS

Dean graduated from Monash University in 2017 having spent five fruitful years here. As he sailed bravely off into his post-uni life, Dean shared these words of wisdom so that the generations of students that come to Monash hereafter may benefit from his experience. Because Dean is a legend.

1

"This is a serious one. If you are in any way struggling and unhealthy and unable to complete assignments or study efficiently for exams due to these issues, **please go and see the Monash Disability services peeps.**

They do a fantastic job over there. I predominantly signed up due to regular migraines and chronic illnesses, and now I'm given 15 minutes per hour in breaks during exams if I ever need it. Oh and the exams are ALL taken at Caulfield Racecourse on Level 3, so you have a really, really nice view of the racecourse whenever you're able to look away from your desk. Seriously, if you're in a similar boat, go and sign up for Disability Services."

2

"After scouting many of the food places over the years, I can comfortably say that Neptunes' chips are easily the best. They are filled with healthy nutrients and are the perfect lunchtime snack. And no, I don't work for or know the staff at Neptunes. Yes, will be getting a tattoo saying "Neptunes iz lyf".

3

"If you're like me and you hate studying in the crowded library because there are too many people around and it's hard to concentrate, I have some great news. **On Level 1, Level 2 and Level 3 of Menzies, there are heaps of unused tutorial rooms to study in.** I've spent hours on end studying in some of these rooms with absolutely no distractions. In addition, keep an eye out on uni timetables, because there are also lecture theatres that are sometimes empty. Recently, it hasn't been as easy to find, but keep an eye out."

4

"Instead of using the revolving doors in Menzies, click the disabled button and walk through the doors beside them like a normal human being."

5

"Don't be reluctant to branch out and meet new people in class. If I hadn't chatted to one particular person on my first day, I wouldn't have met anyone else in our tight Uni friendship group of around twenty people. Over the course, I've met at least 90+ fantastic people in my classes and have become good friends with a heap of those. **Long story short, don't keep to yourself all throughout Uni because you would have missed out on an opportunity to branch out.**"

6

"I'm sure the majority of people know this, but a great place to park that's free and close to Uni is **Boyd St off Clayton Rd.** It's about a 15 minute walk from there to Campus Centre and it's located on the West boundary of the campus."

OF WISDOM

7

“**Try to learn your material for the sake of learning some useful new topics and not with the intention of passing assessments.** This one is the one that I found impossible at times, but I always tried to think about the stuff I was learning and how they're actually really cool topics. If you're able to have this perspective in any subject, this (may) make the subject more interesting.”

8

“(Nerd alert) Acknowledge your lecturers/professors and just how renowned some of them might be, especially in your higher level classes. For those in Econometrics, Rob Hyndman is just about the most world class academic out there, with medals and awards and hundreds of papers and books and being the editor-in-chief of the International Journal of Forecasting. I apologise to my girlfriend for having a slight man crush on a fifty year-old stats lecturer. In addition there's Di Cook, who's in a very similar boat to Rob with some amazing credentials and has been the doctorate supervisor for Hadley Wickham, who is like the God of the stats world at the moment. Long story short, there are some amazing academics at uni.”

9

“**Don't expect all the construction to finish anytime soon.** There has been non-stop construction during my time at uni. The area with Guzman y Gomez and Pappa Rich itself has been redeveloped four or five times since I've been here.”

10

“Don't embarrass yourself too much on the first day. Thankfully not many people saw this, but on my first day while wearing old thongs on a fairly wet day, in my first steps from the bus loop towards campus, I was crossing the road and fell flat on my ass. The pain has gone but the hilarious memory has stayed.”

11

“In the past if you ever needed a computer you could use the Menzies Level 1 East computer labs, but recently with the renovations, these comp labs are usually busy, **so use the Level 3 computer labs directly next to the East side staircase.** From my experience, these are generally free from classes.”

12

“If you know anyone who works at Monash as a tutor or research assistant or anything, **get them to look up the exam timetable for you when it gets released to staff.** These get released like two weeks before they get released on WES so use these people as much as possible.”

13

“Lastly, but probably most importantly, don't go all through Uni doing something you hate. It took some serious health issues for me to sit back and realise what I really wanted to do and from there the equation became simple, so I hope you can all do the same without any similar issues. You may think it's hard to get into your dream job, but if you've given up before you've tried, you won't get anywhere. The very few friends of mine that have pursued their ultimate dreams have been rewarded and are working in that field, so don't just go safe at this age, especially if you know you're not excited to work in that field. The earlier you have this switch in mentality, the better.”



STEP 1

GET SETTLED

Are you an international student? If so, welcome to Melbourne—one of the world's most liveable cities! We bet you're very excited to be here, but we also understand that coming to a new country can be scary,


especially if you're moving out of home for the first time. It's not uncommon to feel homesick, anxious and overwhelmed, so don't beat yourself up if at first you're a bit unsteady :)



MONASH UNIVERSITY INTERNATIONAL STUDENTS SERVICE (MUISS)

MUISS runs a cosy lounge for international students on Level 1 of the Campus Centre, next to Radio Monash. Make sure to drop by as soon as you have a chance. It's the quickest way to meet new people and make friends! They also run informative and fun workshops.

msa.monash.edu/muiss

 [muiss.monash](https://www.facebook.com/muiss.monash)



MUST BEGINNERS AND INTERNATIONAL STUDENT PERFORMANCE WORKSHOP PROGRAM

Fun, accessible performance workshops every week from March to October, designed for people new to performance to come together, try things out and develop their skills. Places are limited. The program culminates in public showings 19–22 September. Contact MUST Artistic Director Yvonne Virsik if you are interested!

yvonne.virsik@monash.edu

JUST ARRIVED?

► OPEN A BANK ACCOUNT

There are two banks on the Clayton campus. The staff are very friendly. They will answer your questions and will help you open an account.

banks.com.au

► GET HEALTH INSURANCE

You'll need an Overseas Student Health Cover card to cover any medical bills. Remember to get ambulance cover as well, if it's not covered by your health insurance.

health.gov.au/internet/main/publishing.nsf/Content/health-privatehealth-consumers-ovc.htm

► GET A MYKI

You will need a Myki card to travel on public transport.

ptv.vic.gov.au/tickets/myki/

► GET A TAX FILE NUMBER

Planning to work part-time while you're here? Then you'll need a tax file number.

ato.gov.au/individuals/tax-file-number/

RESOURCES

If you're an international student and you're after more information, please check out these amazing free publications and online resources.

Useful links:

msa.monash.edu/muiss

[monash.edu/study/
international](http://monash.edu/study/international)

monash.edu/english-connect

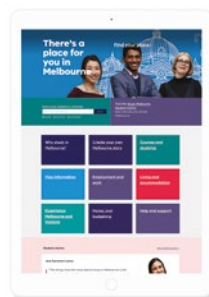
rent-smart.mrs.monash.edu



MELD MAGAZINE

Australia's leading international students news website.

meldmagazine.com.au



STUDY MELBOURNE

A fantastic online resource for international students.

studymelbourne.vic.gov.au



INTERNATIONAL STUDENT GUIDE

A free online publication.

insiderguides.com.au

Campus Life



SUPPORT SERVICES

Lost and confused on campus? Look for the peeps in blue t-shirts and hoodies with the words “Ask Me” on the front. They are here to make your life easier. They answer questions when you’re confused and give directions when you’re lost.

msa.monash.edu/askme

If you need guidance or advice about your finances or need emergency help with a loan, **Monash Financial Assistance** may be able to help.

monash.edu/financial-assistance

Disability Support Services (DSS) is here to help you navigate your studies while you contend with permanent, temporary or fluctuating disabilities. Not sure what they do, how they can help, or if your situation qualifies? Just ask them! They are very friendly.

monash.edu/disability

Are you an **Indigenous** student? You can access culturally-sensitive engagement and support services at Monash.

monash.edu/about/indigenous

SAFETY ON CAMPUS

All members of the Monash community deserve to be treated with dignity, courtesy and respect. All students at Monash must be able to study and socialise in an environment where they feel safe and where unacceptable behaviour is not tolerated. Monash is a partner in Universities Australia’s national **Respect. Now. Always.** campaign

and is committed to eliminating sexual assault and harassment.

For information, advice and support in a safe environment, contact the **Monash University Safer Community Unit** on 9905 1599. If you are looking for information, help, or need to talk to someone, you can reach the **Victorian Centre Against Sexual Assault** at casa.org.au

monash.edu/safer-community
casa.org.au

FINDING A HOME

When searching for accommodation, the key is starting early. Try to work out living arrangements before coming to Monash, even if it’s a temporary fix until something more permanent can be found. Before traveling across Melbourne to a whole host of inspections, try preparing a list of “Must Haves!” and “Hell No’s!”. This may include location, access to public transport, having a backyard, the rate of rent, or—don’t lie—the thickness of bedroom walls.

MONASH RESIDENTIAL SERVICES (MRS)

On-campus accommodation with Monash Residential Services (MRS) provides students with a supportive, social and diverse community. MRS also offers guidance and advice on finding a place to live.

monash.edu/accommodation

GETTING AROUND

Cycling to Monash is a healthy and free alternative to driving or catching public transport. The Bike Shop can sort out a sweet ride for you and keep it serviced during the year. They’ll even buy it back from you when you’re done.

msa.monash.edu/thebikeshop





RECREATIONAL LIBRARY

The rec library is a space for you to relax, watch a movie, play some games – and maybe even read something that's not a textbook. Think LPs and record players, fiction and sci-fi books, comics, manga, DVDs, TV lounge, nintendo wii u, board games, phone chargers and more—this library is all about providing resources that are useful and relevant to student life. All students can borrow for free (including ebooks and audiobooks); and you can print, photocopy, scan, and have your documents bound and laminated.

msa.monash.edu/library

© libmsa

A GUIDE TO SAFETY AT MONASH

In 2017, MSA Women's Department put together a guide to safety at Monash: **"What You Should Know"**. The guide explains what consent is, provides useful resources, teaches how to recognise signs of abuse and gives advice on how to help a friend who may be struggling. You can find a digital copy online.

msa.monash.edu/publications

msa.monash.edu/womens

YOU CAN
- always -
SAY NO

You are never obliged to have sex with someone, no matter what.
You are the only one who gets to decide what happens to your body.

WHAT IS CONSENT?

Consent means being free to say no at any time during sexual activity (and having that 'no' be respected). Consent is ongoing, fully informed, enthusiastic and unpressured. It also means not being uninformed about, or being tricked into, the sexual activity in any way.

FREE FOOD



FREE FOOD MONDAYS

Weekly Monday night dinners served in Wholefoods by MSA Welfare department.

msa.monash.edu/welfare



BREAKFAST CLUB

Served by MSA every Wednesday from 8am. Check MSA Facebook for locations.

 [msa.clayton](https://www.facebook.com/msa.clayton)

Campus Food

It's important to keep your energy levels up while you're studying, so don't skip lunch! Luckily, there are plenty of opportunities to score cheap or free and delicious food on campus.



SIR JOHN'S

L1, Campus Centre
Accepts MSA Card

Sir John's is synonymous with Monash Clayton, with the homemade grilled burger range, tap beer and friendly atmosphere. Sir John's is a place to do an assignment, enjoy a fresh lunch or unwind with a few drinks in the afternoon.


SAMPLE MENU

\$12 Sir John's Burger

\$12 Fish and Chips

\$13.8 Wedgachos

msa.monash.edu/sirjohnsbar

 [SirJohnsBar](https://www.facebook.com/SirJohnsBar)



WHOLEFOODS

L1, Campus Centre
Accepts MSA Card

Hungry? After healthy, nutritious food? Wholefoods Restaurant and Cafe is the place to be! As the only not-for-profit, restaurant on campus, Wholefoods is able to provide quality food for prices far lower than would otherwise be possible.


SAMPLE MENU

\$3 Dahl and Rice (v)(gf)

\$7 Curry (v)(gf)

\$7 Stir Fry (v)(gfo)

msa.monash.edu/wholefoods

 [MonashWholefoods](https://www.facebook.com/MonashWholefoods)



WEDNESDAY SESSIONS


This kick-ass lunchtime event on the Lemon Scented Lawns runs every Wednesday during the semester. Stop by for a free feed and chill out to live music.

msa.monash.edu/ws



BBQ

If all else fails, there are always the campus BBQs. Remember to check MSA Facebook for times and locations.

 [msa.clayton](https://www.facebook.com/msa.clayton)




Events

There is never a dull moment at Clayton, so make sure you take a break from studying every now and then, grab your friends and have some fun!

HOST SCHEME ORIENTATION CAMPS

Host Scheme camps are famous at universities across the country as a great way for first year students to jump into their university life, find their feet and make a whole lot of friends doing it. The friends you make at Host Scheme camps will stay with you all the way through your uni career and beyond, and tickets sell fast—so don't miss out on the best possible way to start your year!

msa.monash.edu/hostscheme

 [hostscheme](https://www.facebook.com/hostscheme)

25 JAN

SUN KISSED FESTIVAL

msa.monash.edu/sunkissed

19 - 22 FEB

ORIENTATION FESTIVAL

msa.monash.edu/oweeek18

19 FEB

UV GLOW PARTY

msa.monash.edu/uvparty

19 - 22 FEB

THE O-SHOW

msa.monash.edu/oshow18

20 FEB

WOMINJERA MONASH*

28 FEB

CLUBS DAY

msa.monash.edu/oweeek18

24 JUL

MID-YEAR FESTIVAL

msa.monash.edu/mid18

13 - 19 AUG

WINTERFEST*

15 AUG & 5 SEP

LIVE AT THE ALEX*

*Search Monash University Campus Events on Facebook for more information.

MONASH STUDENT ASSOCIATION AND
CAMPUS COMMUNITY DIVISION PRESENT

WEDNESDAY SESSIONS

msa
monash student association

MSA.MONASH.EDU/WS





STEP 2


MAKE FRIENDS



GO ON A HOST SCHEME CAMP

There is no better way to kick-start your semester. Overnight Host Scheme camps at Lord Somers camp-site are where uni memories are made. Each camp has a themed party on one night, so make sure to bring along an awesome costume.

msa.monash.edu/hostscheme

 [hostscheme](https://www.facebook.com/hostscheme)



JOIN A CLUB

A club is like a ready-made friendship group, and MSA has over 100 of them to suit every taste and interest. There are academic, cultural and special interest clubs. From Muggles to Biomedical Science Society there is something for everyone!

www.monashclubs.org

JOIN MAPS

As a mature or part-time student, you may have a different set of needs and priorities to the average 18-year-old. Mature Age and Part-Time Students (MAPS) understands that. Drop by their lounge for a chat—you won't regret it!

msa.monash.edu/maps



JOIN TEAM MONASH

Get active and meet new people. There are plenty of team sports and group activities you can get involved in. There's Around the Bay (ATB) cycling, over fifty different sporting clubs, Uni Games and much, much more.


monash.edu/teammonash



ATTEND AN MSA EVENT

Going to the MSA Orientation Festival is a good start, but there are many other events you should try out, like Wednesday Sessions, UV Glow Party and other MSA events. Keep an eye on the MSA website and Facebook for regular event updates.

msa.monash.edu/events

 [msa.clayton](https://www.facebook.com/msa.clayton)



STEP 3

GET AHEAD

Do you want to get work-ready, gain new skills and flesh out your CV?
Monash Training and Professional Development (MTPD) are here to help!

MTPD offer a multitude of courses like RSA, Food Safety and Barista Essentials. Hospitality not your thing? How about First Aid, Resume and Interview Skills, Professional Business Writing or Event Management? Or think bigger! You can gain a Nationally Recognised Certificate to complement your degree. MTPD offer Certificate and Diploma courses in Accounting, Management, Administration, Training, Volunteering and much more.

GAIN WORK EXPERIENCE WITH MTPD

MSA volunteering opportunities are available in the office—gain experience and knowledge in customer service and administration. Plus, you can use your MSA volunteering vouchers to pay for the MTPD courses. So if you're keen on improving your career possibilities, drop by the MTPD office for a chat!

monashtraining.com



MONASH
University

CAREER
CONNECT

LEAP INTO LEADERSHIP

Standing out starts here.

Leap into Leadership
offers you the opportunity to
develop your employability
and leadership competencies
— online or on campus.

monash.edu/students/leadership/leap



GROUP
OF EIGHT
AUSTRALIA



STEP 4

GET INVOLVED

Uni doesn't have to revolve around lectures. The next few years are supposed to be the most exciting time of your life. Here's how you can make the most out of it.



VOLUNTEER

Learn new skills, enhance your resume and meet a ton of fun people while giving back to the Monash community. MSA Volunteers are involved in all aspects of uni life, from events to administration. MSA Volunteering provides opportunities for students to engage with the Monash community, develop new skills and strengthen existing ones. Be more confident with leading a team. Be a more effective team operator. Learn project management skills. Develop your personal skills. Get to know the Monash community better. Be an MSA Volunteer!

msa.monash.edu/volunteer


 [MSAVolunteering](#)



JOIN MONASH UNI STUDENT THEATRE

MUST, or Monash Uni Student Theatre, is an engine room of creativity, a department of the MSA run by professional theatre makers that creates vibrant, innovative theatre by, with and for Monash students and the wider community. Works are diverse, ranging from new text-based and devised pieces to bold takes on classics, adaptations, festivals and exhibitions. Each year MUST stage productions and events, support student-initiated projects, hold workshops to develop theatrical skills and facilitate students in professional placements. Nearly all roles on and off stage are performed by students, with necessary training provided. Students shape the annual program and the growing culture at MUST.

msa.monash.edu/must

 [musttheatre](#)

WHY VOLUNTEER?

"Since starting university in 2017, I have made many great friends through volunteering with MSA, TeamMONASH and Wholefoods. **I've had heaps of fun, learnt tonnes of useful skills, and it's helped me settle into university life!** Volunteering is extremely rewarding and I can't recommend it more!"

ELIZABETH

"Engineering/science:
-\$4,524.00 per semester.
Suit and tie for interviews
and events: -\$129.99.
Textbook: -\$74.99.
**Volunteering and making
friends: Priceless."**

CHARLING

"Sometimes our transition to University can be everything but smooth and we can feel a little overwhelmed. Host Scheme helped me a lot with my transition as they introduced me to people from all different faculties and new clubs that I probably would have never thought about joining. They opened up **opportunities that I otherwise may never have found** and that's why I volunteer for them—so I can give the same experience to others."

EMILY

STEP 5

DON'T FAIL



STUDYING TIPS

We've been collecting Monash students' studying tips for years! Here are some of the best ones:

.....
“**Get your assessment calendar in order at the start of semester.** Write down everything you have due and make it clear for yourself—this is the best way to plan ahead and give yourself plenty of time to finish your assessments.”



“For the love of God, **reference** while you write. You will save yourself hours.”



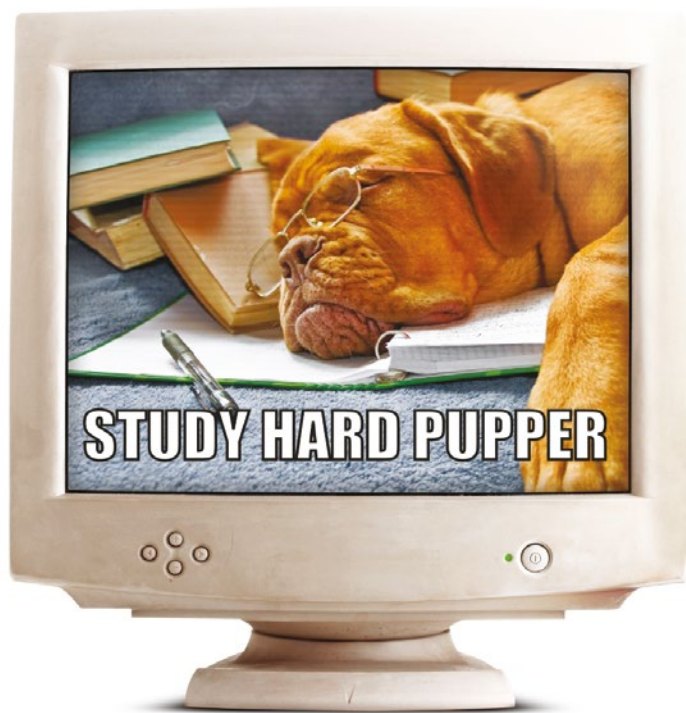
“Dictation software is a godsend when typing notes. It is much faster than most people can type, and **reading aloud really helps to memorise concepts.**”



“Review the lecture material **that night, or the next day at the latest**, no matter how tired or busy you are. It will save you so much pain in SwotVac.”

KEEP READING ►

You are in good hands here at Monash—it is heralded as one of the world's top universities! It is important to try and get the most out of your time here, and there are a number of facilities and resources available to help keep you on track toward graduation.



MY.MONASH

The [my.monash](https://my.monash.edu.au) portal is a must-know for all Monash students. Here you can access your Monash student email account and other resources. [my.monash](https://my.monash.edu.au) is also the place to find WES (Web Enrolment System), Allocate+, key university dates and your personal enrolment information.

my.monash.edu.au

MOODLE

[Moodle](https://moodle.vle.monash.edu) is where you will find all your lecture slides, notes from tutors and any other unit-related information.

moodle.vle.monash.edu

WEB ENROLMENT SYSTEM (WES)

The [Web Enrolment System \(WES\)](https://my.monash.edu.au/wes/) will help you kick-start the enrolment process once you've accepted your invitation to study at Monash.

my.monash.edu.au/wes/

ALLOCATE+

[Allocate+](https://monash.edu/timetables/login.html) is where timetables and dreams are both made and destroyed. It may cause you pain at times, but it is best to try and work with the beast if you hope to achieve a decent timetable. Mostly it operates on a first in, best dressed system!

monash.edu/timetables/login.html

"Write **lists** of the whole unit topic, so that you can see everything you need to learn. That way it seems more achievable and you won't forget anything!"



"If you **type all your notes you can just search for phrases** and it helps save time. Write notes in your reader, don't just highlight every word."



"Go **deep into the Law Library** where the slightest sound will attract withering glares. You'll be too scared to pack up your stuff because of the noise and it will make you end up studying for longer."



"You know how you see something on the lecture slides and you're like 'Oh yeah, I've seen that before, I don't need to write it down.'"

Well **WRITE IT DOWN**. Cause 10 weeks later when you're frantically stressing about the exam you have and you see a practice question referring to that, you will regret not writing it! Even worse, if it's in the exam you will want to stab you pen through your eye.... speaking from experience."

KEEP READING ►

Where will Mathematical Sciences take you?

"Young people must come to see science and math degrees as key to opportunity. If we fail at this, we won't be able to compete in the global economy" – Bill Gates

Mathematical Skills Can Make All The Difference: you will develop general skills in problem solving, critical thinking, modelling, analysis, research, and creativity, which can be used wherever your career may take you.

CAREER OPPORTUNITIES

Actuary	Financial Analyst
Banking and Finance	Genetics
Biostatistician and Public Health	Market Research
Communications Specialist	Mathematical Modeller
Computer Analyst	Mathematical Physicist
Computer Programmer	Medical Research/Science
Cryptologist	Operations Research Analyst
Data Analyst	Science Journalism
Defence	Statistician
Film Industry	Teacher
Special Effects	University Lecturer

Study Programs

The School of Mathematical Sciences offers undergraduate and postgraduate programs in:

- Applied mathematics
- Financial and insurance mathematics
- Mathematics
- Mathematical statistics
- Pure mathematics

Undergraduate Studies

Students can study topics from a range of areas in mathematics, including:

- Algebra and number theory
- Geometry and partial differential equations
- Mathematical physics
- Statistical techniques and applications
- Probability
- Financial mathematics
- Stochastic processes
- Operations research

These can be combined with studies from other areas including engineering, commerce, IT, law and arts. Mathematics is commonly taken with other science areas of study.

Further Information

Monash University Undergraduate Handbook
www.monash.edu.au/pubs/handbooks

Enquiries

School of Mathematical Sciences

9 Rainforest Walk, Monash University, Victoria, 3800

Telephone: 03 9905 4465

Email: enquiries@maths.monash.edu.au

For more information on studying mathematics at Monash visit maths.monash.edu



MONASH
University



Libraries

There are three major libraries on campus. Aren't you lucky!

MATHESON LIBRARY

| 40 Exhibition Walk

Matheson is generally the place to park yourself if you're an Arts, Social Sciences, Business or Education student. It is also the largest library on campus.

monash.edu/library/matheson

THE HARGRAVE LIBRARY

| 13 College Walk

This one is more suitable for students from Engineering, IT, Medicine and Science faculties.

monash.edu/library/ha

LAW LIBRARY

| 15 Ancora Imparo Way

These facilities should hopefully be a relative no-brainer at this point.

monash.edu/library/law

"Don't get home from uni and go 'I'll do the reading/essay/homework/whatever on the weekend'. You won't. No matter how much you tell yourself I **TOTALLY WILL. Just do it once you get home** (and that way you'll have the weekend free for **FUN STUFF**)."



"Make links between topics covered in different subjects, sometimes **you'll cover the same theories or events** from a different point of view."



"Reference, and when you think you've written something original, reference some more. **Reference, reference, reference.** Key to a good essay, lots of sources and references. Lots of helpful library tutorials too, good for learning new sources of information and how to access them."



"The people that do well are the ones that are always in the library, always ask **questions and always stay awake in lectures!** Must start doing all these things!"

KEEP READING ►



Know Your Resources

Do you need help with general study skills? Not sure how to approach an assignment? Need to improve your time management skills or work out a battle plan for your exams? Then you may find these resources useful.

ENGLISH CONNECT

Would you like to enhance your English language skills? Do you need some help navigating the expectations of academic literacy and English grammar at uni? Then English Connect is the place to go! They can help you with:

- ✓ Conversational English
- ✓ Academic Writing
- ✓ Grammar Workshop
- ✓ Speaking Workshop
- ✓ Language for Employment

monash.edu/english-connect

STUDY SKILLS ASSISTANCE

A great online resource for when you need help with:

- ✓ Research and learning
- ✓ Efficient reading strategies
- ✓ Research and writing for assignments
- ✓ Speaking and giving presentations
- ✓ Improving listening skills
- ✓ Exam preparation

monash.edu/students/resources/study-skills

STUDY SKILLS PROGRAMS

These programs cover everything from time management to exam preparation. You can join online or attend face-to-face sessions.

STRESS MANAGEMENT

Stress has become a common feature of modern life but we often spend little time working to understand what that means for us as individuals and what we can change to ensure a healthy academic life. Some stress is inevitable and is sometimes good for us, so this session focuses on 'healthy stress' and how to ensure general wellbeing during peak periods.

EXAMBUSTERS

This workshop looks at the challenges you face approaching exam time and aims to provide you with practical skills. Learn how to deal with pre-exam nerves to stay calm and focused during exams.

monash.edu/students/resources/study-programs/study-skills

Keep Your Cool

At one point or another, in the next few years, you will find yourself really, really stressed. Unfortunately, sometimes that's part of being a student. Some stress can be motivating but too much of it can affect your health. Instead of trying to get rid of stress entirely, it's more useful to learn to manage it.

- ✓ Notice what makes you feel stressed and how you react to that stress.
- ✓ Recognise the things you can change.
- ✓ Reduce the intensity of your emotional reactions to stress. The stress reaction in your body is a natural response to perceived danger from a physical or emotional threat. Understanding how you are thinking can help you to realise that you are not in danger. Try not to exaggerate. Avoid thinking about a difficult situation as if it is a disaster.
- ✓ Look after your emotional health and always be kind and gentle with yourself. Be a friend to yourself!
- ✓ Learn to notice and control your physical reactions to stress. Practice slow, deep breaths to help slow down your heart rate and breathing and learn some relaxation techniques to reduce muscle tension.
- ✓ Look after your physical health. Do rhythmic exercise like walking, swimming, cycling, or jogging 3-4 times per week. Try Monash Sport (monash.edu/sport). Eat a well-balanced, nutritious diet. Avoid nicotine, too much caffeine and other stimulants. Get enough sleep. Try to be as consistent with your sleep schedule as possible.
- ✓ Having trouble coping? Contact Monash Counselling Service on 1300 788 336.

PRACTICE MINDFULNESS

Mindfulness involves a series of attention-training practices and cognitive strategies that can help you unhook from unproductive thought patterns and behaviours. It involves learning to pay attention to the present moment rather than worrying or dwelling in the past. It also involves developing an attitude of friendliness toward yourself, as opposed to criticism or judgement.

mon.clients.squiz.net/health/mindfulness

"All-nighters are terrible experiences and ruin you for days afterwards. Do NOT resort to them—always plan ahead and don't leave things to the last minute. Also, **if you miss a lecture, listen to it online that same day or the day after**—it's too easy to let a load of unlistened-to lectures build up for you to listen to the day before an exam..."



"I know this sounds like common sense, but DON'T LEAVE your assignments until a couple of nights before! **Plan ahead as you can do a lot better in your assignments if you do!** If you do get stuck, try to figure things out for yourself before you ask for help. Sometimes set work can be difficult, but you learn more from solving your own problems than being given the answer! Going to lectures and tutorials helps you to learn. They aren't always compulsory to attend but you should! They help with understanding the content being taught to you."



HOW TO STAY OUT OF TROUBLE:

- 1 **READ YOUR EMAILS!** Ignoring or not responding to certain emails could lead to exclusion! Keep checking your inbox even when you think you're done for the year.
- 2 Always make sure Monash has **YOUR CURRENT CONTACT DETAILS**. If they can't find you, then they can't tell you what you need to know.
- 3 Your faculty course advisor should know your name by the time you graduate. It's up to you to **MAKE APPOINTMENTS EACH YEAR TO CHECK ON YOUR PROGRESS**, otherwise you may have to repeat some units.

STUDENT ADVOCACY AND SUPPORT (SAS)

Got a problem with the university? University got a problem with you? Feeling lost or confused about anything uni related? Student Advocacy and Support Officers are here to provide independent advice and advocacy in relation to any concerns you, as a Clayton undergraduate student, may have while at the University. SAS can assist with special consideration, discipline grievances, academic progress, fees, enrolment, mark concerns and much more.

msa.monash.edu/sas



EXAM SURVIVAL

Here are some of the best tips for surviving the exams we've picked up from Monash students over the years:

.....

"Don't lock yourself in a room and study—allocate study time but also **make sure to get out of the house for a good walk daily**. You can't concentrate for hours and hours on end and you'll just end up tired and not absorbing any information."



"Use every resource available. If the unit gives **practice exams**, make sure you complete them and check your answers."



"Pray."



"Study breaks! **Reward yourself with an episode of your favourite TV show or a cheeky nap** (or two) once you've done a solid chunk of study."

KEEP READING ►



"I write a **battle plan** (list of what I need to do to prepare for each exam) and try to tick off little bits at a time. Also, I usually have animated movies on in the background while I study."

"Largely **trying to get as much done before SwotVac is a good idea**. Especially if you happen to end up sick in SwotVac if you're prepared earlier it's less of an issue. Another thing is taking breaks from study. Using a quick 20 minute show for your study break is a handy way (as long as you only watch one episode) as once the 20 minutes is over you're back to study."



"Go to the **gym** every day for at least an hour."

EXAMS: WHAT YOU NEED TO KNOW

Rules for exams **have changed recently** and it's important you are following up-to-date procedures if you can't attend your exam due to illness or extreme circumstances. Please refer to the link below for more info.

monash.edu/exams

For general advice about (or assistance with) applying for Special Consideration, including advice on what documentation is needed, please contact **MSA Student Advocacy and Support Officers**.

msa.monash.edu/sas

Six weeks before the start of the exam period, you will be able to view your personal exam timetable via my.monash or the **Web Enrolment System (WES)**. If you have registered with **Disability Services** and have requested alternative assessment arrangements, these will not appear in your timetable. Monash will notify you of your specific arrangements by email one to two weeks before the exam period.

monash.edu/exams





Monash Security Information

Whether you're a student, staff member or visitor to Monash, you'll find our security service team working around the clock to ensure our campuses remain safe and enjoyable places to live, work, study and play.

If you're ever concerned about your own or someone else's safety, see something suspicious or just want some security advice, then help is just a phone call away anytime on 9902 7777 for inquiries, or 9905 3333 for a campus emergency.

It makes good sense to add these numbers to your mobile phone in case you ever need us.

For useful security contacts, information and advice, or to find the nearest Monash University, Campus Security Office check out www.monash.edu/about/safety-security

You're in safe hands at Monash, so enjoy your time with us.





S2

BOARDRIDERS

STEP 6

KEEP IN TOUCH

Monash Student Association (MSA) are here to help you make the most out of your student experience at Monash. Here's a little about who we are and what we do. Make sure to drop us a line!

For a full directory of useful contacts, please visit msa.monash.edu/directory



ACTIVITIES


Matthew Powers, Henry Fox

(03) 9905 3243

msa-activities-l@monash.edu

The MSA Activities Department is here to provide students with engaging events. With Wednesday Sessions, a fat stack of live music and more free food and beer than you can poke a stick at, we are here to ensure students have a good time. Weekly on-campus events will be paired with unbelievable evening events as we look to ensure that all bases are covered. If you want to know more about our events or would like to get involved, hit us up on Facebook or send us an email!

msa.monash.edu/activities

 [msa.activities](https://www.facebook.com/msa.activities)



DISABILITIES AND CARERS

Daniel Gysslink, Emily Griffith

(03) 9905 4383

msa-disabilities-l@monash.edu

The MSA Disabilities and Carers department provides support, community, and information for carers and students with disabilities, which includes physical and psychological conditions. Throughout semester we host autonomous discussion groups, events, and campaigns to improve our visibility and accessibility to campus life. Come visit our lounge in the MSA space!

msa.monash.edu/disabilities

 [msadisabilitiesandcarers](https://www.facebook.com/msadisabilitiesandcarers)



EDUCATION (ACADEMIC AFFAIRS)


Alexandra Rowal, Astan Ure

(03) 9905 1122

msa-education-l@monash.edu

Do you think that your academic experience at Monash can be improved? We are here to help! The MSA Education (Academic Affairs) department works to represent students in their academic ventures throughout their time at university. If you're ever in need of support in your academic life, have an idea or grievance regarding education policy at the university, or just want to have a chat—please send us an email or like our Facebook page!

msa.monash.edu/edac

 [msaeducation](https://www.facebook.com/msaeducation)



PEOPLE OF COLOUR


Anahita Faili, Hadi Saab

(03) 9905 5336

msa-poc-l@monash.edu

The MSA People of Colour department seeks to promote people of colour both on campus and the wider community as well as fighting for equality and fair rights for under-represented PoC. Through a range of panels, advocacy work and big social events we hope to engage Monash students to build greater awareness as well provide PoC greater opportunities.

msa.monash.edu/poc

 [monashpoc](https://www.facebook.com/monashpoc)



LOT'S WIFE

Alyxandria Casey, Annabelle Ballard, Bart Lewis, Jake Gerstel, Jeremy Cheong, Joseph Xuereb, Rachael Esler, Xavier Andueza-Mossop

(03) 9905 8174

msa-lotswife-l@monash.edu

Lot's Wife is the official student magazine for the Monash Clayton campus. The magazine is run by students and gives a platform for all students to present their ideas, concerns and interests. Lot's Wife thrives on student input so if you are interested in contributing drop by our office in the MSA space or send us an email, and like our Facebook page so they can keep you up to date.

lotswife.com.au

 [lotswifemagazine](https://www.facebook.com/lotswifemagazine)





EDUCATION (PUBLIC AFFAIRS)


David Power, Jake Humphreys

(03) 9905 5493

msa-education-l@monash.edu

The Education (Public Affairs) department is here to help harness the collective power of students and the Monash community to influence and change education policy, both on campus and nationally. In 2018 our focus will be on running some exciting and meaningful campaigns that mobilise students, continuing the fight for a debt-free education and positioning mental health at the heart of our student movement.

msa.monash.edu/edpub

 [msaeducation](https://www.facebook.com/msaeducation)



ENVIRONMENT AND SOCIAL JUSTICE (ESJ)

Jessica Evans, Ayushi Panjwani

(03) 9905 4134

msa-enviro-l@monash.edu

The MSA Environment and Social Justice department are here to build a network of students and engage the wider Monash community about environmental and social justice issues through a range of events and campaigns. If you'd like to help out or find out more info, feel free to shoot us an email or like our facebook page!

msa.monash.edu/esj



INDIGENOUS

Krystal De Napoli, Jyden Brailey

(03) 9905 5336

msa-indigenous-l@monash.edu

The Indigenous department works to support Aboriginal and Torres Strait Islander peoples throughout their journey at Monash. Our focus for 2018 is to create an environment at Monash that acknowledges and values the Indigenous people of the land, university and the wider community. We aim to do this through events, cultural workshops and campaigning for the needs of Indigenous students.

msa.monash.edu/indig



QUEER

Denise Atzinger, Harry Kennewell

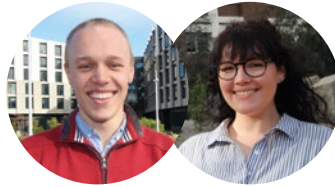
(03) 9905 0554

msa-queer-l@monash.edu

Welcome! MQD aims to provide a supportive space for LGBTQIA+, Queer and Questioning students. In addition to our advocacy work and campaigns, we host autonomous groups to cater for the unique experiences within our diverse community. We also have fantastic social events in store throughout the year!

msa.monash.edu/queer

 [msaqu](https://www.facebook.com/msaqu)



WELFARE


Oliver Robertson, Megan McNeel

(03) 9905 5493

msa-welfare-l@monash.edu

Welcome from the Welfare Department! We are the guys that work to protect and enhance the welfare services available to you, and endeavour to bring you new initiatives and support to make your time at uni more comfortable! The transition from secondary school to a huge campus like Monash can be confusing and difficult. This year the Welfare Department wants to give you the tools to cope and excel, and to also look out for those who need help most.

msa.monash.edu/welfare

 [msawelfare](https://www.facebook.com/msawelfare)



WOMEN'S


Emilia Dalton, Alisha Rao

(03) 9905 3108

msa-womens-l@monash.edu

The MSA Women's Department aims to support, inspire and connect women across campus. In 2018 we aim to bring light to the issues faced by women on campus through holding discussion groups, events and campaigns. Feel free to visit our Women's Room to chat, study or nap!

msa.monash.edu/womens

 [msawomensdepartment](https://www.facebook.com/msawomensdepartment)



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the MSA Recreational
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L1, Campus Centre



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MSA event



Go on Host
Scheme Camp



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GIFT CARDS



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TICKETS



JB HI-FI
DISCOUNTS

FOR A FULL LIST OF DISCOUNTS AND BENEFITS
OR TO SIGN UP, PLEASE VISIT
THE MSA WEBSITE:

MSA.MONASH.EDU / MSACARD

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