Live
Learn
Lead
2015
federation.edu.au/feduniliving
Live > Learn > Lead (LLL) is central to the philosophy for FedUni Living as we strive to create thriving, inclusive and connected student residential communities. Through the LLL framework, we provide a range of uniquely designed support programs, activities and opportunities that enhance the learning and developmental experience for on campus students.

I've loved getting to know my unit over the past year and interacting and having fun with them in our unit activities or simply over a meal at dinner. There are so many different people to meet on res.

The most enjoyable part of living on campus for me was the fact there are always people around & support for any situation that may arise.

I have participated in programs I otherwise would not have considered and I have enjoyed living so close to the university.

The variety of events and programs offered on Rés aims at all different interest areas which I think is a great way of getting everyone involved.

It is so close to campus so that I don't need to get up so early to catch the buses and I can come back for lunch even if I only have an hour break.

Just ask for help. Doesn’t matter what it is, you’ll feel better for it.

Get amongst it and have a blast!

Compass weekend is a must!

Source: FedUni Living Student Surveys
As the year draws to a close...

It’s time to reflect and celebrate the significant achievements and contributions made by those who have shaped the FedUni Living Residential experience throughout 2015

The end of another memorable and successful year for our Student Residential Community at Federation University Australia is drawing to a close and we have much to celebrate.

Our respectful and celebratory community is both unique and something that we can all be proud of. Each and every member of our residential community across Fed Uni’s Ballarat and Gippsland campuses has contributed in ways both large and small to the creation of an environment where everyone feels welcome, supported and valued.

I would like to take this opportunity to thank the 2015 FedUni Living Business and Residential Support Teams in Ballarat and Gippsland. The work they have been engaged in, often behind the scenes has provided a strong foundation, ensuring that the invaluable support and services FedUni Living provides has met the individual needs of students and the institution broadly.

In 2015 we challenged our students to push the boundaries of curricular and co-curricular opportunities on offer, by taking part in the many hundreds of activities on offer across our residential community, including those of a service, cultural, sporting, and academic nature.

For some the end of 2015 marks just a short farewell as we will be seeing one another next year (and we are looking forward to another exciting year), but for others perhaps a longer one as you set off to begin a new and exciting chapter.

In closing, the Live Learn Lead magazine is a celebration of our residential community and I would like to thank those who have contributed to it. It is hoped that this publication can contribute in some way to keeping the many friendships and memories created across 2015 year alive for years to come.

All the very best,

Colin Marshall
Director Campus Life
Federation University Australia

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"I can’t thank my RA enough for such a great year! She has done an incredible job and has always been there to talk with for advice. She honestly deserves so much credit for making the transition easy, and doing it with a smile!"

Source: FedUni Living Student Surveys
Living in a FedUni Residence has enhanced my ability to:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Meet other people</td>
<td>100%</td>
</tr>
<tr>
<td>Improve interpersonal relationships</td>
<td></td>
</tr>
<tr>
<td>Study effectively</td>
<td></td>
</tr>
<tr>
<td>Maintain/adopt a healthy lifestyle</td>
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<tr>
<td>Appreciate the diversity of others</td>
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<tr>
<td>Understand the need for a balanced lifestyle</td>
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<tr>
<td>Manage my time more effectively</td>
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<tr>
<td>Improve my communication skills</td>
<td></td>
</tr>
<tr>
<td>Solve my own problems</td>
<td></td>
</tr>
<tr>
<td>Live co-operatively</td>
<td></td>
</tr>
<tr>
<td>Resolve conflicts</td>
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</tbody>
</table>

Why would you recommend others to live on residence?
FedUni Living recognised for Excellence in Innovation

In 2015, the FedUni Living Team were “Highly Commended” for Excellence in Innovation by the leading professional tertiary education body at the annual ATEM/ Campus Review Awards for Best Practice by the Association of Tertiary Education Management (ATEM).

ATEM recognised FedUni’s LLL program for its innovative, distinctive and unique approach that serves as a primary nexus between the student residential community and the institution’s mission, values and strategic priorities.

“We were honoured to have been recognised for Live > Learn > Lead (LLL) which is central to the philosophy for FedUni Living, where we strive to create thriving, inclusive and connected student residential communities. Through the LLL framework, Fed Uni provides a range of uniquely designed support programs, activities and opportunities that enhance the learning and developmental experience for on campus students”, said Director for Campus Life Colin Marshall.

The LLL program is directly contributing to increasing access to and retention in tertiary education for low SES students who have the opportunity to engage in educationally purposeful activities - which leads to increased satisfaction levels.

“FedUni’s Residences are a primary place where co and extracurricular experiences are borne and where many institutional engagement initiatives are conceived, tested and implemented” said Colin.

The LLL program provides a holistic educational and developmental experience and which focusses on ‘mind, body and spirit, head and heart. Uniquely it also serves as a powerful and effective pathway to individual success, enabling students to realise their own personal and professional aspirations.
Federation University Australia’s FedUni Living is leading best and next practice in the creation of student residential communities that are closing the gap for first in family, low SES and regional students in terms of their ability to access, participate, be retained in and thrive on their tertiary education journey.

The LLL philosophy incorporates innovative practice in outreach activity; tailored needs based assessment and admission; holistic transition and orientation programming and; a resilience based growth, development and success program that is integrated with the institutional teaching, learning and support framework. The LLL program is highly innovative, distinctive and unique and serves as a primary nexus between the student residential community and the institutions mission and strategic priorities.

The LLL program has directly impacted tens of thousands of commencing residential students, with the entire institutional student body achieving greater levels of success through higher standards and an ethos set within this influential residential program.

Specifically, the LLL program has demonstrable impacts through its:

- Contribution to recruitment of students to campus
- Support of student's transition, persistence and graduation
- Promotion of student learning and development
- Enhancement of the overall campus climate for multicultural engagement

FedUni Living’s programs and support targets identified needs that enhance student learning, engagement and developmental outcomes - contributing to greater satisfaction and success in relation to the student experience. The LLL program is accessible, inclusive and supportive, where the learning is intentional and growth and development opportunities are maximised.

FedUni Living’s student centred philosophy is underpinned by clear objectives along with systematic approaches to the coordination, implementation and evaluation of the work we do. The impact of our philosophy on both students in residence and the institution broadly are clearly evident as we champion and support equity and inclusiveness by improving access, participation and outcomes for diverse student groups on campus.

Through a range of assessment and benchmarking tools, the LLL program efficacy is confirmed for its innovation, influence and profound impact by students, the institution broadly and by the campus housing profession worldwide.

Colleagues from institutions both nationally and internationally often look to Federation University Australia for insight into our philosophy, and we readily share details of our innovative practice and expertise for the advancement of the profession and for students worldwide.

Through the FedUni Living LLL program we challenge and educate our residential community to:

- Live with others who are different – The ability to engage and interact with a diverse community in order to foster the cooperation and mutual understanding necessary for successful group living.
- Practice life skills – The practice and refinement of actions and inactions that allow resident students to live safely, healthily and successfully in group living environments.
- Take responsibility within the community – The understanding of how one's actions and decisions have positive and negative consequences on the both the individual and the community.
Contribution to recruitment of new students to campus
The LLL philosophy and approach contributes to greater institutional recruitment of new students through a carefully constructed range of initiatives, partnerships and approaches that are intentional, accessible and deliver results. For many prospective students, Federation University Australia’s residences are often the first point of contact with the institution and provide powerful insights into what campus life looks like.

Support of students’ transition, persistence and graduation
Conditions within FedUni Living’s LLL program can be demonstrably linked to improved transition experiences, and greater levels of persistence (to graduation), through supportive peers and an environment that sets high expectations for student performance. Through academic, social and cultural programs FedUni Living students are actively engaged.

Our Residential students learning, development and satisfaction is often greater than for those living off campus. Importantly the level of satisfaction and identity within the FedUni Living community greatly influences their perceptions of themselves and their overall university experience. Through intentional engagement efforts, our LLL program builds resilience and the likelihood of seeking assistance is often greatly reduced.

Promoting student learning, development and success
The LLL program both challenges and educates students as they connect their learning experiences with their living realities - serving as a powerful and effective pathway to individual success, enabling students to realise their own personal and professional aspirations.

The LLL program actively engages participants in educationally purposeful activities which lead to increased satisfaction levels, the acquisition of desired knowledge, enhanced skills and broad competence increases and greater persistence results. Residential students often experience greater faculty interaction, are more likely to become involved in leadership activities, student representation, exhibit a stronger sense of belonging and self-worth and express greater satisfaction with interpersonal relationships.

Enhancing the overall campus climate for multicultural engagement
The Federation University Australia student residential community is the primary place where co-curricular experience occurs and serves as a microcosm of the wider university community. A place where greatness, innovation and leadership is born. The LLL program seeks to cultivate and maintain a strong sense of identity and community that engages with the broader institution and with ultimate aim of enhancing the learning experience and outcomes for students.

The LLL program enables residential students to develop friendships and experience changes in attitudes earlier than nonresidential peers, along with exposure to leadership and developmental opportunities ahead of non-residential students. FedUni Living’s residential leaders often go on to play a campus wide role in supporting initiatives to better serve all students – thus contributing to success and engagement across the entire campus / institutional community.
people
Farwelling the 2015 team...

The 2015 Residential Support Team worked hard throughout the year to support, promote and enhance the FedUni Living experience for all current and future students.

**Ballarat**

**Peter Lalor North**
- Mitchell Johns
- Dean Di Quinzio
- Josh Barrie
- Kaitlyn Hendrick
- Jocelyn Gilbert
- Samuel Nicholson
- Mikayla Meyer
- Brooke Jarry
- Mary Toney
- Ricky Ta
- Saad Al Mashouq
- Melanie Leishman
- Brandon Moritz

**Peter Lalor South**
- Jessica Thomson
- Chelsea McMahon
- Shaun Hon
- Anna Kirton
- Sarah Langley
- Daisy Green
- Laura Down

**City**
- Peta Kerr
- Jarred Lee
- Cassandra Bolkas
- Perri Fenton
- Elaine Tso
- Blade Elms

**Gippsland**
- Jawin Ratchawong
- Claire Purcell
- Vishalini Cheekhooree

**Community Leaders**
- Sam Archibald
- Lauren Hepworth
- Laura Reynolds
- Nick Reynolds
- Corey Cornish

**Res Programs**
- Mitchell Johns
- Matthew McLean
- Prue Harvey
- Hugh Macauley

Thank-you all for your hard work, fun and friendships throughout 2015!
and welcoming the team for 2016.

**Bella Guerin**
Samuel Nicholson
Brandon Moritz
Josh Barrie
Courtney Hungerford
Anna Fusea
Jacinta Harrison
Mitchell Bowman
Saad Al Mashouq
Tayla Banham
Jake Wyatt
Paige Mercovich
Zachary Klippel
Kate Hardie
Timothy Welsh

**City**
Erinina Sasongko
Joseph Quinn
Casey Egan
Jarred Lee
Anya McKenzie
Tia Ana Parker

**Dominic Cavarsan**
Elise Williams
Rajat Taneja

**Peter Lalor North**
Lucy Gstrein
Thomas Stevenson-Vissers
Monique Watson
Rowan Watson
Chelsea Deason
Hayley Boxall

**Peter Lalor South**
Darcy McCallum
Tyler Feinsler
Xavier O’Halloran
Kira-lee Mathews
Meg Clode
Chloe Pratt
Lachlan Watt
Remeny McCann

**Gippsland**
Nick Gartland
Vishalini (Kajal) Cheekhooree
Laura Reynolds
Hamid Shojanazeri
Megan Somerville
Hangyu (Gary) Qiu
Kate Watson

**Res Programs**
Dean Di Quinzio
Laura Ohman
Nick Gartland

We look forward to another fantastic year in 2016!
Media Program Leader: Prue Harvey

2015 has been a fantastic year for Media. Right from the word go I wanted to shake things up and bring in some new aspects. By branching out across Ballarat we connected the residents in a whole new way. We introduced FedUni Living to Tumblr and Snapchat, which enabled our residents to engage and keep up to date with all that’s happening on campus, with Lucy, Sarah and I lurking around events making sure all your fantastic memories were captured.

It has been fantastic getting around and seeing the wide variety of events and am glad to see those smiling faces from Compass Weekend right through to Awards Night. I can’t wait to see how the program continues to grow in 2016 and beyond!

Trips Program Leader: Hugh Macaulay

2015 has been another fantastic year for our Trips program. This year’s adventures have ranged from theatrical performance ‘The Lion King’ to our premier trip of the year, ‘Ski trip’. A variety of experiences is what we aimed to deliver this year and hope that this will continue in future years.

To cap off another stellar year, we finished off with the hugely popular paintball in conjunction with our Events team. We have had such an enjoyable year engaging with the residential community!

Events Program Leader: Matthew McLean

This year, I took on the challenge of Events. In a short amount of time, we were able to organise a committee of Residents and RAs to get the successful Res Ball off the ground. From there, it was onto Trivia night, which raised money for the Help Nepal Appeal. The Christmas in July events were also a huge success, see page 21 for a full report. We have had an enjoyable year, and despite some struggles in making posters, was able to pull off the task that is Events.

Sports Program Leader: Mitch Johns

This year has seen another exciting and action-filled year for Sports. The traditional netball and football competitions ran smoothly encouraging residents to get involved in not only playing but supporting their hall colours. In its second year running basketball again proved popular and was a highlight for Monday nights on residence in the second semester. 2015 has been an outstanding year for the Sporting Programs!
Residential Programs Committee: Gippsland

The Residential Programs Committee (RPC) assisted the Residential Support Team and FedUni Living staff to achieve some very successful events and activities throughout 2015 including our major annual events Commencement Dinner, Christmas in July (in August) & Awards Night along with running a series of events for residents to compete for the annual ‘zones shield’ (to be known as ResFest in 2016) with events such as table tennis, MasterChef comp, nerf gun wars, & LAN party. The RPC also ran a few trips and activities that were enjoyed by residents from across Gippsland including a local trip to jump & climb and travelling a little further to Mt BawBaw for a snow trip and, paintball.

A number of activities were organised throughout the year, catering to and celebrating the diversity of our residents, including low key activities such as Open Mic night, board games, movie nights & a live gig night. Other popular events have included ‘Wine and Cheese night’, ‘Rainbow Week’, Gippy games sports carnival, basketball, soccer, dodgeball, badminton and ResFit.

Huge thanks goes to all residents who contributed to such a successful year and got involved, particularly the RST, ResPrograms Committee and all other volunteers. Without our student leaders and volunteers helping us organise activities and resident attendance, the extent and variety of programs could not happen.

Ballarat
Chloe Wilson
Samantha Dunn
Jannaya McKenzie
Caitlyn Langdon
Courtney Free
Jocelyn Gilbert
Jarred Lee
Alice Langley
Sarah Langley
Chelsea McMahon
Mikayla Meyer
Dean Di Quinzio
Josh Barrie
Mary Toney
Melanie Leishman
Mitchell Gray
Tyler Haslinger
Kieran Harman
Jack Ross
Jake Anders
Lucy Gstrien
Laura Ohman

Gippsland
Stephen Pratt
Ellie Waller
Maddy Wood
Ashleigh Morgan
Belinda Dyke
Laura Reynolds
Richard Auld
Brittany Oliveira
Queenie Fitzpatrick
Sharee Munn
Corey Cornish
Jawin Ratchawong
Melissa Silvestro
Claire Purcell
Keshav Rajcoomar
Matt Oakes
Nick Gartland
Kate Watson
Chris Smillie
Melanie Cawthorne
Nicole Powell
Josh Smith
Campbell McHugh
Vincent Thieu
Daniel Ryu
Amy Litkowski
Annaleise Quinn
Katherine McDonald
Prude Leffler
Tyler Chisholm
Laura Crane
Sam Archibald
Toni Sellers
Ben Dillon
Cameron Bloore

In 2015, our LLL Res Program leaders did a spectacular job in creating opportunities for the residential community. They were ably assisted by a dedicated team of volunteers who gave of their time freely and with equal enthusiasm.
FedUni Kokoda trek as popular as ever!

The 2015 Kokoda Experience is one that will never be forgotten by all involved. The Kokoda Trek has become a highly anticipated annual event on the University calendar.

A number of FedUni staff and students made the journey to Papua New Guinea in June 2015 to take on the amazing Kokoda Trek adventure.

Jumping off the plane in Port Moresby was like landing on a whole new planet. Day one started with a flight from Port Moresby up to the top of the track at Popondetta. From here, after a luxurious three and a half hour bus ride, the trip was now well and truly under way and there was no turning back. The group began the gruelling 96km journey through the Owen Stanley Range from Kokoda to Ower’s Corner.

The Kokoda experience is something so special to those that have made the journey. The physical, psychological and emotional journey is something that can’t be found anywhere else. Getting to know the ‘legends’, our Papuan friends that were there for us every step of the way was such a special aspect of the trip.

It is hard to really have a true sense of what happened here in WW2 until you walk the track, and follow the steps of the young diggers that lay down their lives for us. It gives a real sense of how significant this all is in our nation’s history. Upon completion of the trek, we arrived at the Bomana Cemetery, the final resting place for those brave diggers, and the significance of our achievement is realised.

Fond memories and friendships were made through the afternoons spent in camp, from fighting up the steep and difficult terrain the track threw at the group. It is in these moments that the four pillars at Isurava; Courage, Endurance, Mateship and Sacrifice really come alive with meaning, just like they did in WW2.

Kokoda will always have a special place in our hearts, and is one of the most amazing experiences we will ever have and has really made us all appreciate the freedoms we have in Australia.

FedUni has provided us with this amazing opportunity, and everyone is urged to ‘put yourself in the picture’ and make the most of it by considering joining the trek in 2016.

‘They gave their tomorrows so we could have a today’
'LLL Breaky’ series proved very popular throughout 2015 and provided students with a free cooked breakfast and some inspiration in the mornings. So popular were the breakfasts that kitchen staff were run off their feet getting out the bacon, eggs, sausages and hash browns for all to enjoy.

Our first Ballarat LLL speaker session was held in support of the ‘Live Below the Line Challenge’, in late April. Our guest speaker Kate Owen shared with us her experiences and perspectives of living in East Timor for two years in an environment where obtaining access to life’s most basic needs, such as clean water and food were a struggle for these communities.

Gippsland’s leadership and volunteering event brinner (breakfast for dinner) featured Claire Morrissey sharing with us her experiences and perspectives on volunteering and leadership and providing information on how to get involved in the University’s Leadership and Volunteering program.

Our guest speaker for our Ballarat September leadership breakfast was Nasir Sobhani. Nasir shared with us his experiences and perspectives from growing up in Japan, overcoming drug addiction, studying in Canada, working with youth in Vanuatu and now spending his days off, taking to the streets to help the homeless.

Nasir has featured on the PLGRM Media Network, in the Age and the Herald Sun for an initiative he calls ‘Clean Cut, Clean Start’, offering hair cuts to those in need.

The Gippsland October Brinner covered a range of mental health topics with their ‘Mind Body Spirit’ session, featuring a guest speaker from ‘The Black Dog Institute’ presenting on ‘breaking down depression and building resilience’.
Meet Jonathon Howard
FedUni Living Intern 2015

Age: 24 years
University: University of Mississippi
Course: Bachelor of Arts in Politics and Secondary Education
Master of Arts in Higher Education/Student Personnel

What’s the best thing about the FedUni internship?
The people can’t be beat! It’s intimidating to travel to a faraway land and have no idea how the Australian culture or society will compare to my own back in the US. But, everyone was very pleasant and I was very welcomed and included.

How have you found Australia?
The cold, wet weather can’t be avoided, but it’s something I knew about before I came to Australia. I’d say that the hospitality of everyone is exceptional. Some Australians have told me that their experiences in America have been wonderful with great hospitality. From my vantage point though, Aussies are the real deal. “No worries mate” this or “It’s my pleasure” that. While I’m still not sure if these expressions are just used as an interchangeable greeting between people, I’m going with it and feel grateful to be among a nation of people who don’t seem the least bit concerned by me saying “ketchup” instead of “sauce”.

Have you had any issues understanding the Aussie slang?
I went to the Golden Cty Hotel for dinner. First off, “hotel” is a place you rest your head at night, not where you go for a meal. Anyways, I tried to order a beer and the bartender absolutely threw me for a loop. Apparently there are three different beer sizes and I had no idea what he was asking me. I settled for a schooner after an exchange that lasted way too long for people who supposedly speak the same language. Pot, schooner, and pint… Hrm. At least I know now!

Have you tried vegemite yet? If so, what were your thoughts?
No. I’m still working up the courage. I’ve seen kids with it all over their face though… Soon… I promise.

What’s the one thing you wanted to experience in Australia?
I probably should have set higher expectations… I really just wanted to make it here and make it back in one piece. I’m not saying I’m afraid of flying. But I am saying it’s a little distressing to cross the biggest ocean in the world. To some folks back in Mississippi, this adventure of mine is kind of like being an astronaut because I am exploring land that has previously been uncharted territory for some of us back in the States.

Let me say though, I am big on saying “yes.” I didn’t come all this way to experience as little as possible. I was lucky enough to experience snowboarding, surfing, participate in a fun run, visit Sydney and see some Australian wildlife, including kangaroos and koalas.
Federation University Australia was pleased to welcome student residential leaders and staff from New Zealand’s Victoria University Wellington (VUW) and Universidade Nacional Timor Lorosa’e (UNTL) for the annual Leadership Exchange program in November.

Now in its third year, the two week program brings participants together from across New Zealand and FedUni’s regions for an immersive program spanning two countries.

This year the program was expanded with the involvement of the UNTL with whom FedUni has a burgeoning relationship, further strengthening the impact and diversity of this innovative and well regarded program.

Creating networks of support and knowledge sharing is a key driver behind the program.

“Across the globe, University residential programs play a critical role in shaping a successful transition to university life for students,” Colin Marshall, Director of Campus Life, said.

“Program participants received an introduction to FedUni’s student residential leadership program which has received national recognition for its impact.

“The group also looked closely at how elements of an Australasian residential transition program might be integrated into our respective practices.”

While staying in Ballarat program participants visited a number of University campuses and colleges in Melbourne and Geelong and learnt more about the nuances of Australian Higher Education student support systems and contexts.

Staff and students from UNTL also met with Ballarat’s Friends of Ainaro, which was established in 1999 by then Mayor Cr John Barnes.

The group also joined forces to represent FedUni in the Springfest Dragon Boat Race in support of the Fiona Elsey Cancer Research Institute, Rotary Club of Ballarat, Dragon Boat Victoria, Dragons Abreast and Golden Dragons Ballarat in raising much needed funds for cancer research.

During the second week of the program, members of the 2016 FedUni Living residential student leadership team accompanied their peers to Wellington New Zealand.

Along with the UNTL visitors they participated in a complimentary program, exposing them to how students are supported through their transition to university life in New Zealand.
Residential leaders, staff and students from Federation University Australia, New Zealand's Victoria University Wellington (VUW) and Universidade Nacional Timor Lorosa’e (UNTL) joined forces to participate in the Springfest Dragon Boat Race as part of the Residential Leadership Exchange Program.

Dragon boating is a fun-filled, adrenaline-pumping team activity with large canoe-like vessels.

The Dragon Boat Race was supported by the Fiona Elsey Institute, Rotary Club of Ballarat-Springfest, Dragon Boat Victoria, Dragons Abreast Ballarat and Golden Dragons Ballarat in raising much needed funds for cancer research.

“Our teams enjoyed supporting the Fiona Elsey Cancer Research Institute, with the Dragon Boat Regatta. It was a wonderful opportunity for our visitors from New Zealand and Timor Leste to contribute to this important initiative,” Colin Marshall, Director of Campus Life, said.

“Being able to experience Ballarat’s community coming together for Springfest was a real highlight for participants.”

The team experienced great success in the races, taking out a number of wins! As well as creating a very memorable day!
FedUni Living recognises the outstanding achievements of our residential community

Awards for Academic Excellence

The University’s Residences provide a unique learning environment with academic and development activities that support our student’s educational goals and those of the University.

FedUni Living celebrates and recognises members of our residential community who have excelled this year in their chosen field of study.

Ballarat
Stephen Delwig
Sean Gottschling
Michael Munro
Timothy O’Sullivan
James Prescott
Benjamin Quirk
Eloise Robertson
Timothy Russell
Mary Toney
Sarah Wardle

Gippsland
Eleanor Waller
Carly Wilkins
Siyi He
Ashlee Caligari
Jenna Gamble
Genevieve Pyne

Congratulations to all our well deserving award recipients
Resident of the Year
Judged by our residents and awarded to residents most deserving of recognition for the contribution they have made to the Student Residential Community over the year.

The criteria for assessment included:

- Supportive of other Residents
- Clean Code of Conduct History
- Provide Assistance to the Residential Support Team and others
- Positive attitude towards University life and their studies
- Exude Residence spirit – always involved, barracking, playing and assisting others

The 2015 recipients of Resident of the Year are:

**Ballarat**
Peter Lalor South: Chloe Pratt
Peter Lalor North: Shaun Baddeley
BG: Casey Egan
Jemacra Place: Lachlan Ware
Camp St: Sarah Hunter
Elsworth St: Ashley Young
Victoria St: Samantha O’Brien

**Gippsland**
West: Prudee Leffler
Halls of Res: Gen Pyne
South and North: Chris Smillie

ResFest Cup
Over the year the residences have competed against each other for points for the perpetual trophy, the Res Fest Cup. It has involved a number of events this year, in addition to involvement in a range of the ‘I heart Res’ activities. Events have included the Mixed Netball Competition, Christmas in July, Res BA, Master Chef, Sportsmanship Awards, Res Football and Surveys all of which is taken into account when points are awarded and tallied.

The ResFest Cup is awarded to the residence that has performed best overall in inter-hall competitions, with points awarded for participation as well as winning.

Congratulations to City – this year’s winner!
In 2nd place Peter Lalor South, 3rd place Peter Lalor North and 4th place our Bella Guerin residences.
2015 Residential Awards

Sports Awards
Throughout 2015 our residents in Ballarat and Gippsland competed against each other in a range of sports including Netball, football and Basketball. This year our sporting competition continued to be a great success with the majority of our residents joining in as either players or part of the cheer squad.

Congratulations to the following 2015 winning teams.

Netball
Peter Lalor South

Football
Boys Peter Lalor South and Girls Bella Guerin

Basketball
Boys team ‘Brown Trout’ and Girls ‘Toon Squad’

Sportspersons Awards
From those who competed there emerged some true sports champions who were always encouraging others to get involved, playing fairly themselves and contributing to enhancing individual and team spirit.

Sportsman of the Year
Ballarat
Peter Lalor South: Tyler Fehsler
Peter Lalor North: Curtis Townrow
BG: Sean Martin
City: Michael Young

Gippsland
West: Tyler Chisholm
Halls of Residence: Nick Gartland
South and North: Corey Cornish

Sportswoman Of The Year
Ballarat
Peter Lalor South: Remeny McCann
Peter Lalor North: Hayley Boxall
BG: Grace Lee
City: Tia- Ana Parker

Gippsland
West: Laura Crane
Halls of Residence: Kelsey East
South and North: Lauren Hepworth
Christmas in July appeal raises more than $30,000 for charity

Federation University Australia raised a record amount of $30,432 for charity through this year’s Christmas in July fundraising efforts.

Held at both the Mt Helen and Gippsland campuses, the events enabled hundreds of staff, students and the community to donate generously to a range of charitable causes, locally, nationally and internationally.

The initiatives included four student residential community dinners, hosted by student leaders, a lunch supporting a range of charities and community groups and a final dinner at the Gippsland Campus.

A wide range of raffles, auctions and mystery prizes were on offer to the guests at all events.

“The University community can be extremely proud of the contribution we make each year and in 2015 we are thrilled that we were able to reach our highest contribution to date,” Colin Marshall, Director of Campus Life, said.

“FedUni is most appreciative of the support received from our students, staff and businesses who gave so generously of their time and money.”

The funds will support a range of worthwhile charities, including:

- The 3BA Christmas in July Appeal
- The Country Fire Authority
- Ballarat Soup Bus
- Red Frogs
- Rachael's Wish
- James McQuillan Trust Fund
- Share the Dignity
- Headspace
- Rotary
- Ballarat Uniting Care
- Lifeline
- Red Cross
Experience of a lifetime!

Former resident, Residential Advisor and Programs Leader Troy Logan has recently returned from the United States after completing an internship with Michigan State University.

How did you find out about the and get the internship opportunity?

As a part of my Bachelor of Sport Management/Business degree at Federation University Australia all students are required to complete an internship. Thanks to my role as a Residential Advisor and Program Leader with FedUni Living I was given the opportunity to submit my resume and letter of introduction to the Vice President for Auxiliary Enterprises at Michigan State University. Through this process I was fortunate enough to receive an offer to complete an internship at Michigan State University during July through October 2015.

I believe my internship opportunity was a great example of where the professional development opportunities at FedUni Living can take you. I strongly encourage all residents that are given the opportunity to perform leadership roles at FedUni Living to make the most of it. It is hard to believe just how far those roles can take you in life.

Tell me about the internship and the projects you completed.

During my internship I worked on many different tasks and projects and had the opportunity to experience a number of different sporting operations within Michigan State University. This included the Breslin Student Events Centre (basketball stadium) Spartan Football Stadium and the Forest Akers Golf Courses. In addition to this, I worked in a few different operations within the Residence Education and Housing Services (REHS) department which included the Wonderbodies Fitness Facility, student move-in and a number of different smaller day to day tasks.

My experiences working with FedUni Living provided me with many different skills and experiences which I was able to translate into my internship. Predominately, understanding the key values and processes from the FedUni Living residential experience helped me to understand how the residential experience at Michigan State University was structured. In addition to this, my role as the Res Programs Leader for Sport at FedUni Living gave me great exposure to the motivations of students to be physically active whilst at University which also assisted me immensely during my internship.
What is the most memorable moment from your trip?

The most memorable moment from my time in the United States would definitely have to be the first game of college football that I attended. I was fortunate enough to attend the Michigan State vs Oregon game where both Universities were ranked in the top 7 teams in the United States. The atmosphere of 75,000 fans within a close proximity in Spartan Stadium was amazing and an experience that I truly enjoyed and will never forget.

What is the biggest difference you found between the American and Australian College Experience?

The ‘College Experience’ in United States differs greatly to what I experienced whilst attending university in Australia. The biggest difference I found was the affect University sport had on the vibe of campus and how it was able unite students. It gave students a great sense of pride being affiliated with a University and being able cheer their multiple sporting teams on at their vast range of sporting facilities.

Secondly, the size of the Michigan State University Campus and their student population is something that I am still amazed by, and differs from any other University I have visited in Australia. With approximately 50,000 students and 15,000 staff spread across 5000 acres, I think most Australian students would be just as amazed as I was.

What is your most memorable FedUni Living memory?

My favourite memories about FedUni Living definitely revolve around the various sporting opportunities offered through the Res Sport Program. As a passionate sportsperson, I thoroughly enjoyed playing sport alongside the many friends I made within my hall. In these days, it is very rare to be able to play sport where winning takes a back seat and enjoying yourself is the primary objective. Res Sport also gave me a great opportunity to take time away from studying and the stresses of the different classes I was taking at the time and simply enjoy myself.

What advice would you give to current residents interested in pursuing similar things experiences?

The best piece of advice to anyone wanting to make the most of the opportunities at Fed Uni Living is to constantly offer your assistance. Whether it be with events, Res Sport, Res Mag or even move-in days. Giving up a little bit of your time now to assist others will pay great dividends later on towards the end of your University life. For me, I could not have been able to secure the internship opportunity at Michigan State University had I not given up my own time to assist FedUni Living. I tried to be fully committed to any role I did, whether that be as a volunteer or paid employee. This ended up providing rewards for me and I am certain that any resident that works hard can achieve the same reward as I have.
I have made so many amazing friends!

During 2015, FedUni Living welcomed a number of students from Shenzhen Polytechnic to live with us on campus during semester 2. Cheng Li (Lily) arrived at FedUni mid-year to commence her studies and live on-campus. She is also now interning in the FedUni Living office as part of her business studies.

Why did you choose to live on campus?

I decided to live on campus when I was still living in China. I originally wanted to rent a house with five other friends off campus. I wasn’t familiar with the geographic area of Ballarat, so it is hard to rent an appropriate house when I was still in China. Others told me that most house rentals’ costs did not included the bills. I don’t want to calculate the bills and ask my housemates to pay, or we might forget something. I hate these troublesome things! On the FedUniLiving website, I quickly decided that I wanted to live on campus, which is extremely close to my classes and no hidden costs with bills. Also I emailed FedUniLiving to ask many questions during the application. Luckily, I got all the answers back and these answers confirmed for me that living on campus is the best choice for me. That’s why I’m here.

Have you enjoyed life living on campus?

Yes, of course. I met not only Chinese friends, but also friends from different countries. There’s one friend I want to mention is Hannah from North of China. As a girl from South of China, Hannah and I had many different experience both in study and life. We usually have dinner together and share our experience, which is always of interest to me.

The on-campus pool and gym use is free for residential students. I like to swim twice or three times a week so this saved a lot for me not paying an additional membership. Many friends of mine are sports people as well. I believe that the facilities available to residents are much better than my college in China.

How has living campus on campus assisted your study?

It is a challenge for me to study overseas. I need to live independently, study in a different language, and cook by myself. My aim is to keep a good study-life balance.

Fortunately, the programs available at FedUni are really helpful. There was a program called ELSP, which help international students to understand the content of courses and helps with our assignments. ELSP helped me to get a very high mark on my assignments. I really appreciated it. There is also the PASS program that was led by a group of students, assisting other students with study. I would like the opportunity to be a PASS leader to help other students achieve in their study.

The LLC provides a study area for my friends and me to study together. It is a nice and quiet place. When I feel tired, I could sit on the sofa and have a rest.

What is different between the life in China and Australia?

I came from Shenzhen China, which is a metropolis with many delicious foods, convenient shopping malls, and short walk to supermarkets. The weather is humid because it is near the sea. I was living with my parents, and didn’t know how to cook because my mom always cooked for my dad and me.

However, it was totally different to my new life in Australia. I will never forget the first day I arrived in Ballarat. It was a freezing day in July. I arrived in Ballarat at almost 1pm and spent about three hours to set up my room. I didn’t know how to take a bus and find a restaurant, and I was starving. Luckily, I had a friend...
who came here one week earlier than me and she took me to a small restaurant to have dinner and buy some necessities in a supermarket.

Culture shock was the biggest problem for me at the beginning. Although I can speak English, the English was American style and I didn’t even know how to say hi to others. For example, when I was in the supermarket checkout, the man said ‘how are you?’ to me. I became speechless and I didn’t know how to reply to him. It was embarrassing as I used to believe that ‘hello’ and ‘hi’ was the only way for greeting. Also I used to believe that ‘see you later’ means we would meet again in a short time like one or two hours later. It really took me several weeks to get used to the different language and slang.

The weather was dry and cold, and the transport was poor in Ballarat. I couldn’t go out on Sunday because I thought if I went out, I might not be able to come back by bus. I have now bought a second hand car. Ballarat is so different to Shenzhen. There are only a few shops and restaurants in Ballarat and I would take trains to Chinatown in Melbourne to buy some Chinese food. Now I’m still missing Chinese food. By the way, Vline trains are much slower than the train in China, but surprisingly run on time, so do the buses and trams.

I miss my parents so much, so I usually FaceTime when we have time. I have had to learn how to cook. I searched online and learned how to cook Chinese dishes. Now I’m much better than before. My friends sometimes laugh at me that I came to Australia to learn cooking instead of study marketing.

Which period did you like the most in Australia?

It must be holidays! Different to China, Australia has two weeks of lecture break and a long summer holiday from December to February each year. During these holidays, I have travelled on the Great Ocean Road and in Tasmania. I had a great time with my friends. I’m going to visit Sydney and Brisbane in 2016. The views in Australia are amazing. I like them very much.

I also enjoyed the activities that are arranged by FedUniLiving and International Support. The first time I have seen kangaroos was several days after I arrived in Australia. Kangaroos were in the Wildlife Park. They were nice and cute. I could feed them and touch them.

Do you recommend other students to live on campus?

Living on campus should be the first option for students. Students have the opportunity to have more friends that are from different countries. They might be able to taste multinational cuisine that are cooked by other students. Much easier financially than renting a house outside with no hidden cost which could reduce the argument among housemates. It takes the stress of the bills away and lets students focus on the things that matter, the University experience.
Police hero to speak at uni ball

BY PAUL SHAPIRO

A HIGHLY decorated former NSW Police detective will be speaking at the Federation University Blue Tie Ball on Saturday night in Ballarat.

Allan Sparkes will be giving a timely speech about the difficulties he faced trying to cope with post-traumatic stress disorder (PTSD) while working as a front-line police officer in Sydney.

Mr Sparkes, a Cross of Valour recipient and beyond-blue ambassador, worked with PTSD for almost five years until he was medically discharged from the force in 1998.

Before that he worked for almost 20 years in a decorated career that saw him involved in the bloodied aftermath of the Hilton Hotel bombing in 1978 and had him cross paths with many violent criminals.

He said a lack of understanding about mental illness drastically shortened his career.

"I found it hard to speak up about my condition because of the stigma attached with mental illness and I feared my career prospects would be ruined," Mr Sparkes said.

According to Mr Sparkes, no one in the force talked about mental illness twenty years ago for fear of being labelled soft.

Mr Sparkes wants to see better mental health programs that are continually updated throughout a police officer’s career.

"Mental health training is just as important as physical training," Mr Sparkes said.

He wants police officers to have the proper tools to deal with depression and PTSD.

Mr Sparkes says police who are suffering from mental illness should not delay seeking advice and it’s never too late to ask for help.

"It’s a bloody disgrace that we’re losing too many," Mr Sparkes said.

Ballarat Blue Tie Ball spokesperson, Colin Mitchell, says the University is delighted to have Mr Sparkes speak at this year’s Blue Tie Ball, his story of returning from the brink of debilitating mental illness is both courageous and inspiring.

Earlier this month an inquiry into mental health issues in the Victorian Police was launched by Chief Commissioner Graham Ashton following the apparent suicide of a policewoman.

Mr Ashton says police who are suffering from mental illness should not delay seeking advice and it’s never too late to ask for help.
2015 HIGHLIGHTS

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*Conditions apply. See website for details.

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2015 Highlights

Secondary students enjoy stay at Mt Helen Campus

Posted: Monday 05 February 2013

More than 600 secondary students throughout Melbourne and Western Victoria visited Federation University Australia over the past fortnight to get a taste of life at a tertiary campus.

Students from Years 11 and 12 checked their stay at the Mt Helen Campus as they took part in a wide range of activities.

Brickeo Ball

Thank You

This year we are delighted to announce that thanks to the generosity of our many sponsors, partners and event attendees we have raised over $9,000 for beyondblue!

The 2015 Blue Tie Ball wouldn't have been possible without the generous support from the following organisations and friends of the University.

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2015 MOMENTS
Thank-you for an amazing year!

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