Hello Everyone!

Spring is finally here and it’s only a matter of time before the weather starts to warm up and we see a little more sunshine. Hopefully all of our new students are settling in to University life and life in Australia in general. Remember if you have any problems or questions, then please don’t hesitate to drop into Student Connect 3N 102. Also don’t forget English Lounge on Monday 1pm to 2pm in the iLounge 1E 108.

ENGLISH LOUNGE

Conversational English Classes

Student Connect Gippsland would like to invite you to come along to 8 weeks of on-campus conversational English classes for international, refugee and migrant students. Conversational English classes are a great way to improve your spoken English in an informal environment.

EVERY MONDAY
1pm - 2pm
WEEK 2 - WEEK 10
IN THE i-lounge, 1E 108

Contact Jarrod on 51226425 or email studconygippsland@federation.edu.au

SEPTEMBER IMPORTANT DATES

11 September — RUOK Day
14 September — Student Senate Elections begin
14 September — MUGSU Election Polling Week
17 September — One Small Thing Leadership Conference
21 September — International Day of Peace
27 September — Australian Uni Games
28 September — Semester Break
3 October — Daylight Savings begin
4 October — Classes resume
4 October — Mental Health Week
Student Counselling

Feeling like you’re unable to cope, not sure where to go?
FedUni offers a confidential and free counselling service to all students. All our counsellors are fully qualified and can help you deal with a range of issues relating to mental health and general wellbeing.

**Student Counselling Service**
- Confidential and free counselling by appointment
- Supportive and welcoming environment
- Help with meeting daily challenges
- Assistance completing financial assistance application
- Assistance when applying for special consideration

**Student Connect Reception**
Building 5N, Room 102

- **t:** 5122 6425
- **e:** gippslandcounselling@federation.edu.au
- **w:** federation.edu.au/counselling

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We’re here to help answer questions about Disabilities

1. Could the Disability Liaison Unit be the key to your success at FedUni?
2. Do you have a disability? Do you know what support may be available to you?
3. If you get a temporary disability (e.g., a broken arm or leg) do you know where you could go for help?
4. Did you have support or assistance with your studies while at secondary school?

FedUni promotes access and equality for students who have a disability or an ongoing medical or mental health condition.

If you think your study is affected please come along and have a private and confidential chat.

Contact: Brenda Dack
Student Connect Reception Gippsland
03 5122 6425

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**THE PROCESS OF ADJUSTMENT**

- Leaving Home
- Re-Adjusting
- Arriving In Home Country
- Reverse Culture Shock
- Feeling Unhappy
- Culture Shock
- Adjustment

**The “W” Curve**

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_The International Student Newsletter_

federation.edu.au/international | international.ss@federation.edu.au

CRICOS Provider No. 00035D
You’re invited...

We’re hosting these events in support of the national charity R U OK? because we believe that asking “are you ok?” is something we can all do to make a difference.

Cupcake Decorating
Come along and be creative; decorating cup cakes with icing and sweet treats with Student Connect!
From 10:30am
Outside Student Connect 3N102

BBQ Lunch
Come along, chat and enjoy a free BBQ cooked by MUGSU.
From 12pm Student Union Deck

FedUni Living Dinner
BBQ dinner from 5.30pm in the South Rec Hall. Come along, chat with your Res Support Team and hang out with your fellow students. All staff and students welcome.

For more info about RUOK? Day, go to ruok.org.au
Applications For 2016 Now Available!
Accommodation scholarship opportunities available to eligible commencing international students

For the best start...
Live with us

On campus, units, ensuites, fully furnished, self-contained, shared facilities, halls of residence and so much more....

- Academic support
- Lifelong friendships
- Planned experiences
- Transition programs
- Instant networks
- 24/7 access to residential support

Live > Learn > Lead

Private rentals database also available.

Find out more at federation.edu.au/feduniliving

The International Student Newsletter
federation.edu.au/international | international.ss@federation.edu.au

CRICOS Provider No. 00076D
FREE transport provided for Gippsland students!

For more info & to book transport contact Tegan t.rosin@federation.edu.au
Or visit 3N122

Soccer Carnival

Friday 30th October, 2015

10 – 2pm competition
BBQ, Tea/Coffee, Fruit and Water available on the day
Men’s, Women’s & Mixed teams
Mount Helen campus - main oval
Registrations close: 16th October

Register at:
Represent FedUni and receive a FREE FedUNITED polo to wear at the event!
Register online with the following details:
Team Name - FedUni
Password - feduni
Then bring your registration to Tegan Rosin, Sport & Rec Officer in Room 3N 122 to collect polo.

MEDIBANK MELBOURNE MARATHON FESTIVAL
SUNDAY 18 OCTOBER 2015

• MEDIBANK MELBOURNE MARATHON 42.195KM
• HALF MARATHON 21.1KM
  • 10KM RUN
  • ASICS 5.7KM
  • ASICS 3KM WALK

WWW.MELBOURNEMARATHON.COM.AU

an IMG event
Learning Skills Advisors

Drop in Times (no appointment needed!)

- Monday  9am to noon  1pm to 5pm
- Tuesday 11am to noon  1pm to 5pm
- Wednesday 11am to noon  1pm to 5pm
- Thursday 11am to noon  1pm to 5pm
- Friday  9am to noon  1pm to 5pm

1E-165 (off corridor in library)

Other times available by appointment
Leigh Albon – l.albon@federation.edu.au
Martin Davies – w.davies@federation.edu.au

Help with: assignments, referencing, topic analysis, essay and report structure, English usage, paraphrasing, summarising, revision, research, writing skills, reference lists and so much more!

YOU'RE INVITED!!!!

BE A HERO
AND JOIN RELAY FOR LIFE

Date: 17-18.10.15 (4pm-10am)
Time: 4pm-10am
Place: Gaskin Park, Churchill
RSVP: t.rosin@federation.edu.au
or c.morrissey@federation.edu.au
WHAT IS IT?
The Summit Survivor is the ultimate 36 obstacle challenge over 5 km!!! LESS RUNNING!! MORE OBSTACLES!!

WHO IS IT FOR?
Any fitness level can have a crack... Beginners through to hard-core racers will all get an awesome buzz and will be pushed to their limits!

WHY DO IT?
This will be the most fun, challenging, crazy day of your life! Walk, run or sprint your way through this epic 36 OBSTACLE course and take on the tunnel, mud, nets, beams, walls, ice, zaps and so much MORE!

THE IMPACT PROJECT
Help us make a difference by volunteering your time on the day. Your efforts will go towards charity - The Impact Project, which provides FREE Youth Leadership Programs to 1000 young people each year.

100% OF PROFITS GO TO CHARITY
www.theimpactproject.net.au

LESS RUNNING! MORE OBSTACLES!
TICKETS NOW AVAILABLE
www.summitsurvivor.com.au
www.facebook.com/thesummitsurvivor

NOVEMBER 14TH & 16TH
THESUMMIT
SURVIVOR
BUY TICKETS ONLINE NOW
The 2015 Student Elections
Voting opens Monday 14th September
Voting closes Friday 18th September
For more info visit mugsu.org.au

MONASH University
Is maths a foreign language?
Do you need help with the maths in your course?
(Want to look as happy about doing maths as she is?)

Maths & Stats Drop in Centre
Group Study Space
(Upstairs in the library – near ASK Desk)
Monday 2 – 3 pm
Tuesday 12 – 1 pm
Wednesday 12 – 1 pm
Thursday 1 – 2 pm
All Welcome

MUGSU INFO TERMINAL OPEN DAILY
9:00 am to 4:30 pm
VISIT OUR WEBSITE mugsu.org.au

MUGSU UPCOMING EVENTS
14 – 18 Sept / Board Elections
16 Sept / Traffic Light Party

FOR MORE DETAILS ON OUR
MUGSU BOARD ELECTIONS GO
TO OUR WEBSITE
www.mugsu.org.au

DON’T FORGET FREE PANCAKES
EVERY TUESDAY IN THE
STUDENT LOUNGE!

Contact MUGSU
Find us on Facebook:
Facebook.com/mugsu
Arrange a Skype call
by emailing:
union@monash.edu
Email enquiries to:
union@monash.edu
Telephone enquiries:
(03) 9122 6240

MUGSU Student Advocate can provide
independent advice in relation to any
aspect of your university experience.

MUGSU Student Rights Officers
Sandy Hegarty & Melanie Zimora
To make an appointment call or visit the Student Info Terminal (opposite cafe)
Phone 03 9122 6248 / Email: union@monash.edu
www.mugsu.org.au
Feeling a little...

We're here to help

Contact Counselling – Gippsland
Call us on 5122 6425 or email gippslandcounselling@federation.edu.au
For more info, visit federation.edu.au/counselling
If you prefer, you can drop in to:
Student Connect, Building 3N, Gippsland Campus

5122 6425 | federation.edu.au/counselling
MUGSU PRESENTS
WEDNESDAY SEPTEMBER 16TH

THE EVENT OF THE YEAR
TRAFFIC LIGHT PARTY 2015

MUSIC PERFORMED BY:
DJ ROWAN LACE | DJ BEN JOHNSTONE

DOORS OPEN AT 6PM // LOCKOUT AT 10 PM
$5 STUDENTS // $7 MATES / $10 AT THE DOOR
STRICTLY 18+ EVENT // NO ID NO ENTRY

FED UNI IS A SMOKE FREE ENVIRONMENT
DON'T DRINK AND DRIVE
LOOK OUT FOR YOUR MATES

WWW.MUGSU.ORG.AU