

LATEST STUDENT NEWS

Trimester 2
SEPT 2014

Melbourne | Geelong | Warrnambool | Cloud



MY DEAKIN WORLD - SHORT FILM WINNERS

Deakin students take their movie making skills to the edge.

Aspiring film makers and producers had a taste of movie stardom when their short films were shown on the big screen at Federation Square's, Deakin Edge on Monday 1 September.

The My Deakin World Short Film Competition was open to all Deakin students, with films submitted under the themes: survival tips for students; favourite Deakin events; a day in the life of a Deakin student.

Nathan Henderson was awarded first place in the pro/guru category for his 'day in the life' film that moved through various parts of the Melbourne Burwood Campus to show how university life at Deakin is not just about studying, but about 'surrounding yourself in an environment that is warm and full of vibrancy'.



Kendall Payne and Napaartoq Isak Petrusen took out first place in the enthusiast category. Their film followed Isak's life as an exchange student from Denmark, from surfing in Lorne to living on campus and studying in the newly refurbished library at Burwood.

The people's choice award went to Hussein Haggag, who also came second in the pro/guru category. Hussein, a computer engineering PhD student, mixed animation with video to show how he takes full advantage of every aspect of life at Deakin and in the wider community, including robotics research, a wide range of sporting activities and volunteering.

'We are always looking for innovative ways to engage our students with the University and to support each other,' said John Devereaux, Executive Director of Deakin Student Life.

'This film competition encouraged our students to put their own personal spin on their experiences and provide their fellow students with insights into how to get involved in university life.

It was great to see our students embrace the challenge and come up with diverse and entertaining films.'

The films were judged by a panel that included Deakin alumnus and author/screenwriter Aaron Sterns, who co-wrote Wolf Creek 2 (Best Screenplay Madrid International Fantastic Film Festival 2014).

Prizes were awarded under the categories of pro/guru, enthusiast and people's choices (the winners are listed below).

Pro/Guru

- 1st prize (\$1000): Nathan Henderson
- 2nd prize (\$500): Hussein Haggag
- 3rd prize (\$200): Fathimah Himmah / Lachlan Brown (equal third)

Enthusiast

- 1st prize (\$500): Kendall Payne and Napaartoq Isak Petrusen
- 2nd prize (\$200): Rebecca Emmert and Elodie Lee

People's Choice (\$200): Hussein Haggag as voted by students

The top 10 films can be viewed at

blogs.deakin.edu.au/mydeakinworld



STAND OUT FROM THE CROWD.

Show employers your point of difference with a **Me in a Minute** video.

blogs.deakin.edu.au/meinamlnute

SPORT AND RECREATION

CHEER ON OUR DEAKIN STUDENT ATHLETES!

National Indigenous Tertiary Education Student Games

Best wishes to following team of 16 athletes that the DUSA Dragons have assembled for the National Indigenous Tertiary Education Student Games (NITESG) :

Males

- Elijah-Baile Blackman
- Frances Dow
- Rehannan French
- Mark Graham
- Paul Hausia
- Levi Weston
- Benjamin Williams
- Djarwan Williams

Females

- Katie Brown
- Tanisha Cabales
- Jessica Gavin
- Jaylene Hill
- Chanel Jones
- Mahli-Dene Khalu-Reindl
- Jessica Mitchell
- Ngari Williams

The team will compete in four mixed sports – basketball, netball, touch football and volleyball as well as a traditional Indigenous game called 'fly'.

The NITESG began as a joint-class project between thirteen students enrolled in a Diploma of Aboriginal Studies (Community Recreation) at the then Wollotuka School for Aboriginal Studies, the University of Newcastle, in 1996.

The first Games were attended by around 30 students, and they have since grown to host hundreds of Aboriginal and Torres Strait Islander tertiary students from universities all around Australia, competing in four core sports plus a traditional Indigenous game every year.

The 19th NITESG will be hosted by the University of Western Australia on Sunday 21 September through to Thursday 25 September 2014.

This will be the first time Deakin University has participated in the games for number of years and we wish the whole team every success and an enjoyable competition.

unisport.com.au/dusasport

Australian Uni Games - DUSA Dragons

Deakin will be represented by a strong DUSA Dragons team in the upcoming Australian Uni games. The team, made up of 148 competitors, six coaches and five DUSA staff, goes into the Games with a raft of bronze, silver and gold medals from last year's Games and this year's Southern Uni Games.

Sports include: Water Polo – men and women, Ultimate Frisbee - mixed, Tennis - men and women, Netball women and mixed, Hockey - men's and women, Handball – mixed, Basketball – men and women, Athletics – men and women, Cycling, Beach Volleyball – mixed, Beach Volleyball - women.

Get behind our DUSA Dragons as they fight it out in the flagship event in the annual Australian University Sport calendar - 28 September to 3 October in Sydney. Follow our team on Facebook

facebook.com/pages/Deakin-Dragons



SEPTEMBER 30 DAYS FOR \$30

Come in to the Burwood, Waurn Ponds or Waterfront Fitness Centre this month to take advantage of this great offer. Getting fit while you're at uni has never been easier!

Your 30 day Health and Wellness membership gives you access to our fully equipped health club and group fitness classes! You will be supported by our qualified trainers who will help ensure you reach your health and wellness goals.

It's not too late. Once you sign up you get 30 days for \$30 so hurry, as this offer is only available for September.

deakin.edu.au/sport-recreation



HELP OTHER STUDENTS! RECRUITING NOW.

What do students helping students do?

Students helping students or peer mentors, act as a guide, someone with wisdom and foresight who helps another find their path and is generally a more experienced person, passing on their knowledge and skills to a less experienced person.



Connect Leaders

Do you want to assist new students to make a smooth start at Deakin? Are you enthusiastic, approachable, motivated and reliable? Do you have good communication and leadership skills? Why not become a Connect Leader?

Connect is a volunteer program that aims to help new students make a successful start at Deakin by assisting with events, activities and resources during Orientation and throughout the trimester. Connect Leaders are senior Deakin students who are carefully selected to provide friendly, practical and competent assistance.

Connect Leaders will undertake the following tasks:

- Assist individuals or small groups of newly arrived students by answering questions, providing directions and referrals to other areas on campus, and other responsibilities as required.
- Organise and participate in activities prior to and during Orientation and for some time during Weeks 1-4.
- Provide campus, local and city tours where necessary.
- Conduct student surveys.

Benefits:

- Connect t-shirt
- \$50 on your Deakin Card
- Celebration lunch
- Certificate
- Professional development opportunity

Become a 2015 Connect Leader! Find out more.

deakin.edu.au/students/get-involved/shs-hub/connect

SHS DIS Mentor program

An excellent student leadership opportunity exists for currently enrolled Deakin students at the Melbourne Burwood, Geelong Waterfront and Geelong Warrn Ponds campuses to be involved in an innovative peer learning program designed to support new and continuing students. The program will engage small teams of senior students from all four Faculties as peer mentors throughout the trimester.

The skills you need include:

- excellent knowledge of University and Faculty support services
- excellent academic results
- you can clearly define and teach excellent study strategies to support academic preparation

Become a 2015 SHS DIS Mentor today! Find out more.

deakin.edu.au/students-helping-students

DEAKIN STUDENT RECEIVES NATIONAL EMERGENCY MEDAL.



Whilst studying his third year of Nursing at the Institute of Koori Education, Deakin student Adrian Hepi, was a recipient of support through a Deakin University Natural Disaster Grant.

In 2010 Adrian's vehicle was inundated in the floods and it affected his studies. He was contacted by a Deakin Support staff member whom he described as being 'very helpful and supportive'.

On receiving the grant Adrian was able to purchase a new laptop, mobile phone and USB storage device to assist him with his ongoing study needs.

Adrian also volunteered in the Hervey Bay and Wide Bay Region when the roads were closed due to Cyclone Yasi.

For this, Adrian was awarded the National Emergency Medal and Clasp with a personal letter and thank you from Governor General Peter Cosgrove.

Adrian intends to complete his degree this year and graduate.

Adrian has a message for Deakin staff who assisted him, 'Thank you very much from myself, family and community'.

Deakin University is committed to helping students affected by natural disasters when they occur and offers many support services including Natural Disaster Grants.

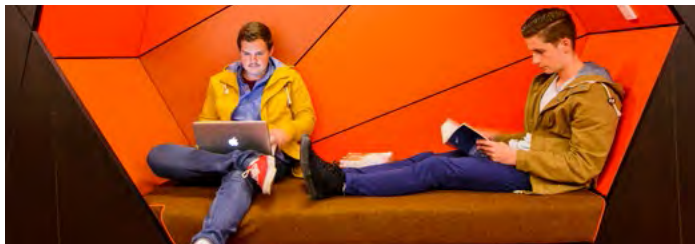
Natural Disaster Grant packages may include the following items of support:

- A grant of up to \$1000 to replace essential study materials and supplies;
- Assistance with accommodation requirements;
- Priority access to the University Student Housing Grant Scheme (to help with the cost of renting off-campus);
- Book vouchers for academic books and materials as supplied by DUSA;
- Interest free loans of up to \$2000 and assistance with other financial advice;
- Personal support counselling and chaplaincy.

To find out more visit

deakin.edu.au/students/enrolment-fees-money/student-financial-support/natural-disaster-grants

LIBRARY NEWS



With assignments and exams on the horizon, now is a great time to take advantage of our many resources and expert staff. Visit the Library at any campus, or check out your digital Library, and get the study support you need!

Borrowing digital equipment

Did you know you can borrow more than books at the Library?

From headphones to digital cameras and recorders, we've got a range of digital devices available for loan from our campus libraries. Check out what equipment is available, and where, on the Library website.



Your Device. Your Library.

Here at the Library, we know you like to bring a whole range of devices with you to uni; from laptops and tablets, to smartphones and e-readers, the list goes on!

Whether you're in a study room or relaxing on a beanbag, we've made sure that every campus library has extensive Wi-Fi coverage, so you can connect and study from wherever you choose.

Good luck with your T2 studies! Remember, the Library is open a range of hours to suit your study needs, and has expert staff here to help; whether you're on campus or online anywhere in the world, contact us in the way that suits you best:

[facebook.com/deakinlibrary](https://www.facebook.com/deakinlibrary)
twitter.com/deakinlibrary
deakin.edu.au/library



NEW DEAKIN GUIDE TO REFERENCING



Not sure how to reference?

Referencing can be a real headache, especially for students encountering a new style for the first time. In fact the most common enquiries that student mentors and Language and Learning Advisers get from students are around referencing.

How do you reference a web document? How do you reference a podcast? A blog? A website without a date?

Help is here! The beginning of Trimester 2 saw the launch of Deakin's new online referencing guide, which includes the Harvard, APA, Vancouver, Oxford, AGLC and Numbered Citation styles.

- mobile friendly webpages
- PDF versions for all styles
- more source types for print, web and other media
- easy-to-follow explanations and more examples
- FAQs around referencing
- a referencing glossary

Find out just how easy it can be at

deakin.edu.au/referencing

STAY ON TOP OF YOUR STUDIES AND GET IN SYNC



Sometimes it can be hard to keep track of the things you need, but DeakinSync makes it a little easier.

As a Deakin student, DeakinSync is your online personal hub. It provides access to everything you need to succeed, in one intuitive place.

DeakinSync has an in-built engine that prioritises what's important to you, and filters out what isn't. It also gives you free access to in-built tools like OneDrive (for storing documents in the cloud), Lync (for instant messaging and video chat), as well as access to free software downloads, including Microsoft Office 2013.

You can use DeakinSync on any device, and it will soon be available as an app. See for yourself:

sync.deakin.edu.au

VIDEO INTERVIEWS - THE NEW TREND IN INTERVIEWING.



By Bel McIntosh – Final year Communication student

I'm graduating soon and embarking on an expedition into the slightly intimidating world of job applications and interviews. So I've set about doing a bit of pre-journey research and I've discovered the new trend in applications is all about video.

Pre-recorded and live video interviewing is becoming more and more popular among employers and recruiters but I wasn't sure why or what it might mean to me. It's certainly seemed a great idea for when you're considering hiring someone living a fair distance away, but when the candidate is in the same locale I didn't really see the point. Surely you can get a better feel for a company or them for you when meeting face-to-face? It's not up to me though. If I'm asked to do one I will have to go with the flow.

I guess it's a time/money saver for companies. They can interview in their own time and with the pre-recorded interviews all they have to do is press play. It also means if they rule someone out with the first few questions they can press stop and delete. Ditching a face candidate is not so simple. It could also be a way to assess how tech-savvy a candidate is (although, how hard is it to log onto Skype or press record?).

So what are the advantages and disadvantages of a video interview?

The ability to choose where you are when you 'meet' your interviewer/s is wholly up to you. Perhaps, the whole interview process could be less nerve racking if you're not sitting in the actual room with a panel of interviewers. Something about having a screen between you and them could make the experience one that's a little less anxiety ridden. You can be entirely within your own comfort-zone in your bedroom, study, living room, kitchen

or, if it works for you, the local library. Wherever, so long as you have an appropriate well-lit background (no dark and seedy bedroom squalor or in-door laundry display. No-one wants to see your housemate's undies). A place with minimal noise and free from potential interview party-crashers is best.

Of course you'll still want to choose an impressive looking interview-appropriate outfit. Just because you're at home doesn't mean you get to slack off in the wardrobe department. You may be thinking you could wear whatever you wanted on your lower half pyjamas, boardies, superman tights, just keep the camera at mid to close shot and don't stand up during the interview right? Apparently looking professional is important not just because it shows you care about the interview but it also impacts on the vibe you create. The idea is if you look professional, you feel professional and therefore you will behave professionally.

If you're someone who tends to get nervous mental blocks in an interview (like I do), one tip I came across was putting little sticky notes with key points as prompts on the wall right behind your computer or on the very edges of your screen. Dot points such as relevant dates, strengths, experiences and questions to ask - but keep them concise, don't be tempted to 'read' answers and don't let them distract you. You still need to focus your attention on the interviewer/s!

Then there's the whole technology factor. Computers can be unpredictable - so give it a test run make sure you are as in control of the elements as you can be, that you are in a well-lit area, the volume is up where it should be and that you are utilising a reliable internet connection. Mishearing a question or having the interviewers mishear or misinterpret what you've said could be embarrassing, frustrating and time consuming for both you and the interviewers. I'm not super fond of watching myself on camera but a test run also gave me the opportunity to see where I might do better. Turns out I have some pretty crazy facial expressions that needed to be toned down a little; chairs with wheels are not the go and I have to watch my fidgeting.

I wasn't super keen in the idea of a video interview at first but I'm getting there. I'll be ready when one comes my way. I have the perfect quiet spot at home picked out, the right outfit for on camera, I have some blank canvas post-its bought and I've done my first of several practice runs. Wish me luck!

DID YOU KNOW, EVERY 2ND STUDENT AT DEAKIN HAS AN IDENTICAL USB?



Okay – that might not be entirely true, but it's pretty close. They get lost all the time and when they are handed in to Deakin Central, they all look the same.

Instead of carrying around a USB, you could use the 1 TB of storage offered through [DeakinSync](#). If you need the USB as a backup, maybe add a keyring to brighten it up, or see if you can fit your name somewhere on it.

If you do lose it, come into [Deakin Central](#) as soon as possible and see if it's been handed in.

ATOMIC LEARNING

Want to improve your skills using OneDrive, Word, InDesign or Photoshop? Now you can—for free, and at any time and from anywhere.

We've updated IT training portal Atomic Learning to provide Deakin students with access to more than 50,000 online training videos, covering 200+ software programs.

Atomic Learning provides step-by-step visual instructions and answers to common 'how to' questions, as well as more detailed information on topics like social media and online course development. The best thing is, it doesn't matter if you're a beginner or a more advanced computer user. There are videos to cater to all skill levels.

How to access Atomic Learning.

Go to atomiclearning.deakin.edu.au, confirm if you are happy to access the website using your Deakin username and password, and search your keywords to get started!

Need assistance?

Atomic Learning has a range of support resources available online to help you quickly and easily solve any troubleshooting issues. If you have difficulty accessing Atomic Learning using your Deakin account, contact the IT Service Desk on 1800 463 888.



DUSA - WHAT'S HAPPENING

Burwood campus

DUSA Free Food (Mutant Way)

Free food for DUSA members on Mutant Way. If it is raining, then we will be at Deakin Central (level 2 atrium, near sports hall entrance).

Dates: Tuesday 23 September 2014 (Teppanyaki fried rice. Chicken and vegetarian options available.)

Time: 12 -2 pm (or until food runs out)

Geelong Warrn Ponds and Waterfront campuses

Visit [DUSA website](#) for details

Warrnambool campus

Learn to Surf

Cost includes: two hour tuition with qualified surf instructor, transport, wetsuit and board.

Date: Friday 19 September

Time: 10 am–12 noon

Cost: DUSA Members: \$30 Others: \$35

Bookings and payment can be made at the DUSA Bookshop.

RSA (Responsible Serving of Alcohol) Short Course

Course held on campus includes tuition, materials and certificate.

Date: Tuesday 23 September

Time: 5 –9 pm

Cost: DUSA Members: \$75 Others: \$85

Bookings and payment can be made at the DUSA Bookshop.

dusa.org.au

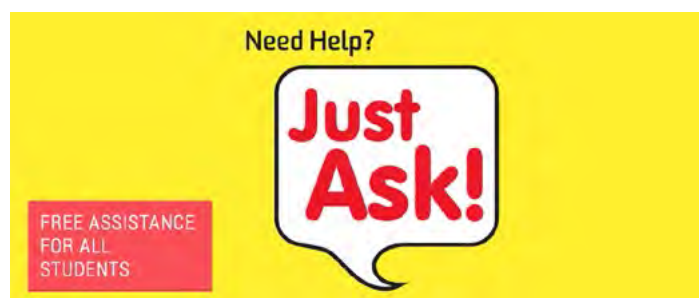
RED SHIRT VOLUNTEERS

What are Red Shirts?

Together we are friends and a Deakin family, who support each other whilst helping to run the best events EVER!

Red Shirts help out with activities, events, O'Week, campaigns, sport. You can pretty much help out with all aspects of DUSA, meet new people, have some fun and get involved. In return, DUSA thanks all of its Red Shirts with discounts and freebies that include movie tickets, gift vouchers, cheaper rates on DUSA products, trips and tours, free events and discount on university sport and Uni Games. Interested? Find out more on the DUSA website. dusa.org.au

ACADEMIC ADVOCACY



Stressed? Getting the run-around? Needing HELP?!

DUSA's Advocacy Service employs experienced advocates who will provide confidential advice and will support you to address any issues that are affecting your studies. The Advocacy Service is FREE to ALL Deakin Students.

Some examples of common issues we assist students with include: Academic Progress issues and misconduct allegations, complaints and Special Consideration. If you're unsure and feeling stuck, talking with an advocate will get you moving again. No issue is too big or small and we've probably dealt with it before.

If you were recently excluded from your course or had an unfavourable academic misconduct outcome, you have the right to appeal. Not everyone can meet the grounds the University Appeals Committee sets down, but everybody can seek advice and support about appealing a University outcome. So, before you accept your outcome find out what your options really are from a DUSA advocate.

Please bring to your appointment any correspondence you have received from your faculty. Please email dusa-advocacy@deakin.edu.au or call on 1300 555 528.

dusa.org.au/Need-help-Just-Ask/About-Advocacy

DUSA E-NEWSLETTER



The DUSA E-Newsletter is a must for all Deakin students. It's FREE to join and includes amazing content. Visit <http://bit.ly/dusa-enews> to subscribe.

<http://bit.ly/dusa-enews>

DEAKIN'S TWILIGHT FESTIVAL

FIREWORKS SPECTACULAR - SATURDAY 4 OCTOBER.



Join us at the Deakin Burwood campus for a family friendly event, packed with FREE entertainment.

Children's entertainment includes rides, face painting, roving performers, petting farm, fairy floss, popcorn, jumping castle and more!

The FIREWORKS SPECTACULAR will begin at dusk.

Food and beverages will be available to purchase from various stalls or you can visit the NEW family friendly restaurant Mrs Robinson.

Saturday 4 October, 4–7pm

Deakin University 221 Burwood Highway, Burwood, Entrance 2. Entry is free and free car parking is available via Entrance 2. Everyone welcome.

Visit the **Calendar of Events** to find out what else is happening on your campus.

deakin.edu.au/students/get-involved/calendar-of-events

NEW CAFE AND RESTAURANT AT THE BURWOOD CAMPUS



Mrs Robinson restaurant and The Point event space will be opening in mid September in Building BC at Burwood.

Open 7 days a week from 7am till late! Located in BC at the Melbourne Burwood Campus, Mrs Robinson will offer:

- Cafe for grab & go coffee, toasties, wraps and cakes
- Restaurant with full table service and share plates
- Lounge with wines by the glass and boutique beers & ciders and happy hour from 5pm nightly
- Indoor and alfresco dining.

To find out about all food@deakin outlets at Deakin, visit our website:

food.deakin.edu.au/outlets/90



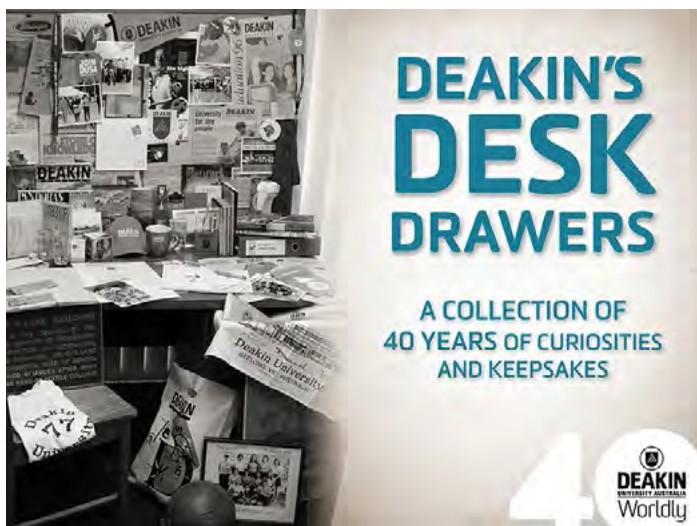
GET INVOLVED IN DEAKIN LIFE



[@deakinlife](https://twitter.com/deakinlife)



facebook.com/deakinlife



KEEPSAKES AND CURIOSITIES

Deakin's Desk Drawers Exhibition

Something new is coming to Deakin campuses – a snapshot of the last 40 years of Deakin history, built out of the things we use most often. Did you know Deakin were inter-university sporting champions in 1995? Or that lectures were recorded all the way back in 1989?

For the past six months, Deakin staff have been scouring their cupboards, cabinets and, yes, desk drawers, to find the old, the weird and the wonderful Deakin memorabilia they've accumulated over the decades.

Check the dates for your campus and come see the history of Deakin in a whole new way:

Waurnd Ponds: 22 September – 31 October

Warrnambool: 10 November – 12 December.

deakin.edu.au/40years/events/deakins-desk-drawers-exhibition

RACISM. IT STOPS WITH ME.

Deakin University is proud to have joined forces with some of Australia's leading businesses, sporting bodies and NGOs to support the national Racism. It Stops With Me campaign.

Deakin University values diversity and seeks to promote a safe and inclusive community for all. We don't tolerate racism at Deakin University. Racist behaviour is unacceptable and we can all take action against it. We need to work together to prevent racism and respond effectively when it happens. Tackling racism starts with all of us!

What can Deakin students do to Stop Racism?

- get involved on social media. Speak out on Twitter with the hashtag #itstopswithme
- speak up when you see racism taking place - speaking out has been shown to stop racist behaviour at the moment that it is happening. The role of the bystander is vital for change. See the national campaign page for other tips for bystanders
- report any racism to Student Complaints.

deakin.edu.au/itstopswithme



2014 IFTAR DINNER

Deakin University, in collaboration with Australian Intercultural Society and the Deakin University Student Islamic Society, held an Iftar dinner on 22 July 2014, celebrating the end of the Ramadan fast.

Deakin University's VC, staff and students shared a meal with members of the community and civic and business leaders from various cultures and faith. It was a great occasion to once again celebrate the diversity in our staff and students and to promote intercultural dialogue.



DIWALI CELEBRATIONS



Once again this year, Deakin University will be celebrating Diwali, the Indian festival of lights. Celebrations this year will take place on Thursday 30 October from 4 to 6 pm at the Geelong Waurn Ponds Campus. Register now as this event is known for getting booked out.

If there is sufficient demand, transport will be offered from the Melbourne Burwood and Warrnambool campuses.

deakin.edu.au/diwali

COURAGE TO CARE



Deakin University will be hosting the Courage to Care exhibition, at the Geelong Waterfront Campus (in the Level 2 Gallery) until 12 September. Please drop in and take a look.

Courage to Care is an exhibition and education program funded by the Victorian Department of Education, which travels regionally in Victoria to present free workshop programs on issues of racism and prejudice. Some students will get to experience a Courage to Care workshop through one of their classes.

Courage to Care was the recipient of the Victorian Multicultural Commission Award for Excellence in Education 2013. The program uses the Holocaust as a case study of racism and its consequences, and then goes beyond history to focus on the values and ethics of contemporary society. The objectives of Courage to Care are to educate Australians about bystander behaviour, and to empower them to act against racism, bigotry and bullying.





HEALTH, SAFETY AND WELLBEING

Smoke Free Deakin

The Medical Centres on campus have been involved in assisting students and staff at Deakin on their journey to quit or reduce their reliance on cigarettes. We have seen many people and can work with you to assist you with planning to quit. Free nicotine replacement therapies are still available through the Medical centres on campus. For other information please visit the Smoke Free Deakin website. Remember it is Deakin policy so if you are asked to butt out on campus you must. Need further encouragement? Follow our Smoke Free Ambassador's journey. It provides great insight about her struggles and triumphs.

deakin.edu.au/life-at-deakin/smoke-free

Medical Centres on Campus

We are often told that students didn't know there are Medical Centres on campus and hopefully that is because you are well and healthy! However if you do need to see a doctor or a nurse for any of the following reasons, the centres are free, confidential and on campus.

- regular health check ups – men's and women's health
- sexual health advice – pap smears, contraception, unplanned pregnancies
- mental health issues – common issues seen are depression, anxiety,
- vaccinations for travel or course related – low cost for students
- general medical issues.

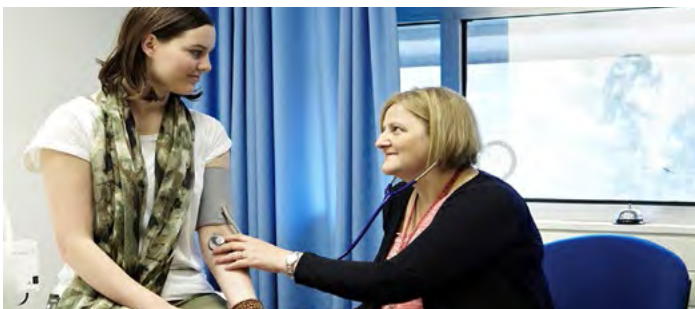
If you have a question or feedback about the service please send an email to askanurse@deakin.edu.au. We look forward to hearing from you.

Book an appointment online

Booking online is simple, easy and convenient. An SMS reminder will be sent to you and if you cannot attend you can cancel online also.

If the GP you wish to book an appointment with does not appear or there are no appointments on the day please then visit the service on campus or call. Not all appointments will appear online as we need to hold some for emergencies and drop in's on the day.

deakin.edu.au/medical-centres



Centre Against Sexual Assault Services

Eastern Centre Against Sexual Assault and the Barwon Centre Against Sexual Assault provide free information, counselling and advocacy to students and staff (both male and female) who have experienced sexual assault at any time in their lives. These services are also available to non-offending partners, family members and friends of someone who has been sexually assaulted.

What is sexual assault? Sexual assault is any behaviour of a sexual nature that is unwanted, makes you feel scared or uncomfortable and occurs without your consent. The perpetrator may be someone you know, a family member, your partner, a trusted professional or a stranger. If done by a family member, this is called incest.

- Sexual assault occurs along a continuum of violence that includes:
- Sexual harassment includes unwanted sexual advances or conduct, comments about your personal appearance, jokes and other behaviours
- Indecent assault is rubbing his/her body against yours, tongue kissing or forcing you to view pornography.
- Rape includes vaginal, anal or oral penetration by a penis, other body parts or objects without your consent
- Incest includes penetration or attempted penetration of a person by a family member

Why see a counsellor?

- Counselling after sexual assault can help you to express your feelings, understand how it has affected you, and discover new ways of coping and feeling safe.
- Counselling provides a confidential space where you can talk, be listened to and be believed.
- If you have reported or are considering reporting a sexual assault to police, it can be helpful to receive support, information and advocacy from a counsellor through this process.
- If someone you know has been sexually assaulted, a counsellor can help you understand what the person may be going through, and how best to support them.

Burwood Campus

ECASA Counsellor/Advocate available each Tuesday. Book an appointment by calling Student Life or 9244 6300 (ask for Student Life) or drop into Building B.

Waterfront Campus

Barwon CASA Counsellor /Advocate is available each Tuesday 10am – 2pm. Book an appointment by calling Student Life on 5247 9312.

deakin.edu.au/counselling

HEALTH, SAFETY AND WELLBEING

Safer Community

See something. Say Something. Do something.

Safer Community is a service that acts as the central point of enquiry for information, advice and support in managing problem behaviours that have, or could, that have caused, or could cause, offence, fear and/or trauma (physical and or psychological). These behaviours can compromise the safety of members of the Deakin community and are therefore a priority for the University to address.

Deakin students and staff should ask for assistance if you:

- have been targeted by a member of the Deakin community behaving aggressively
- feel unsafe because of the behaviour of a member of the Deakin community
- believe they have been sexually or non-sexually harassed, bullied, stalked or threatened
- have witnessed problem behaviour
- have concerns about the wellbeing of a member of the Deakin community
- believe that misconduct has occurred
- believe a member of the Deakin community could be a missing person
- would like advice and/or training on recognising and managing problem behaviour
- wish to clarify issues of responsibility, confidentiality or duty of care.

Reporting concerns:

Business Hours

Safer Community
P: 9244 6851
E: safercommunity@deakin.edu.au

Immediate Response and After Hours:

On campus - Deakin Security 1800 062 579 or extension 222
Off campus - Emergency Services 000
SafeZone - A free app, connecting you to the Deakin Security team when you need help on campus.



Multi-Faith Chaplains

Deakin's Multi-Faith Chaplains provide an important link for staff and students to the wisdom and guidance offered by all religions and the diversity of beliefs. It is not necessary to belong to any religious faith in order to use the chaplaincy services.

Visit the Multi-Faith Chaplains website for information on places to pray, how to get involved and how to contact a Chaplain.

deakin.edu.au/chaplains

End violence against women

Deakin commitment

In line with the University's strategic commitment to nurture personal development and wellbeing for students and staff, the campaign to end violence against women is building on and coordinating existing activities, support, information and resources.

Why is violence against women an important issue?

According to VicHealth violence against women is the biggest contributor towards morbidity and mortality for women aged 15 - 44 years. Many of our Deakin students and staff fit into this age group.

Want to know where to get help for you or a friend? Visit our website for resources and contact information.

<http://bit.ly/1wfClun>



Counselling service at Deakin

Counsellors are available on each Deakin campus. This is a free and confidential service where personal, relationship, settling in or academic issues can be discussed. The Counselling team is made up of experienced professionals who work with students from diverse backgrounds and who have a good understanding of the challenges students experience. Counselling can help you:

- to develop a better understanding of your concerns so that you can deal with them better
- by offering different perspectives and help you think of creative solutions to problems.
- to develop new skills to manage personal and educational issues.

Sharing your thoughts and feelings with someone not personally involved in your life can bring enormous relief.

Counsellors are well placed to offer advice and information on university procedures and processes (e.g. Special Consideration), and can refer you to other professionals where necessary.

Further information is available on the Counselling website or visit Student Life on campus to make an appointment.

deakin.edu.au/counselling

HEALTH, SAFETY AND WELLBEING

Habits of a healthy student

While the main goal of your time here at Deakin University is to achieve good grades and receive a high quality education, it can be equally as important to maintain the right healthy habits along the way as they can not only help your studies but also help you get through your day a lot easier.

Exercise regularly

The demands of university life can be quite stressful and hard to handle at times but one of the best ways of dealing with this is to simply get up from the desk or wherever you are and commit to 20-30 minutes of exercise. This bout of exercise can be simply going for a walk around campus or completing a brief workout at Deakin Sport and Recreation.

Eat a balanced diet

If you notice that you have a lack of focus and loss of energy then maybe you aren't getting enough vital nutrients into your body. Eating a balanced diet isn't as difficult as you think. Check out these simple tips you should be aiming to complete every day to have a balanced diet:

Eat at least 3-5 servings of fruit and vegetables.

- keep your diet high in grain based foods such as oats, quinoa, brown rice and multi grain bread
- when eating protein try to eat quality cuts such as chicken breast, lean meat, fish, eggs and tofu
- cut down on saturated fat and sugar – This means limiting take away food and soft drinks
- eat less salt – A lot of food is already high in salt so try not to add any more to it. If you read the label and you see the salt or sodium levels above 1.5g then the salt levels are already high.

Drink plenty of water

The benefits of drinking water regularly are widely acknowledged as a pillar of maintaining a healthy lifestyle. Drinking water regularly can also help students in reducing headaches, increasing concentration and can assist in flushing out any toxins in your body. While there isn't an exact number of how many glasses you should drink per day, the recommended 6-8 glasses per day is a great place to start.

A simple strategy to achieve this can be to drink a glass of water before and with any meal you eat and carry a water bottle with you whilst at Deakin University.

Sleep

Many students report that maintaining regular sleeping patterns can be quite tough while in a study period. Poor sleep quality can cause increased tension, irritability and confusion and also have a negative effect on your academic performance. Strong evidence indicates that those who get 7-8 hours of sleep regularly will perform better academically than those who are getting too much or too little sleep.

Here are some simple tips for getting a good night's sleep:

- turn off all electronics
- do a 'brain dump'. Pull out a piece of paper and write down all the things you need to complete tomorrow
- do something that relaxes your mind. Put on some easy listening music, read some fiction, meditate or put your body through some gentle stretches.



Skipper & Crew Meet & Greet

Friday 19th September 2014
6:00pm – 7:00pm

Live music, free nibbles & drinks at bar prices
\$7 per person for non members, RGYC members
free or bring a group of 3 or more & all come free!

Register at the RGYC office 5229 3705

FAIRLY EDUCATED CONFERENCE 2014 BRISBANE

Deakin University has further strengthened its commitment to social justice after a group of students attended the annual Fair Trade conference in Brisbane in July.

The three-day 'Fairly Educated' Conference 2014 brought together students and university representatives from all over Australia, New Zealand and Japan, with the purpose of fostering greater connections between Fair Trade and the tertiary institutions.

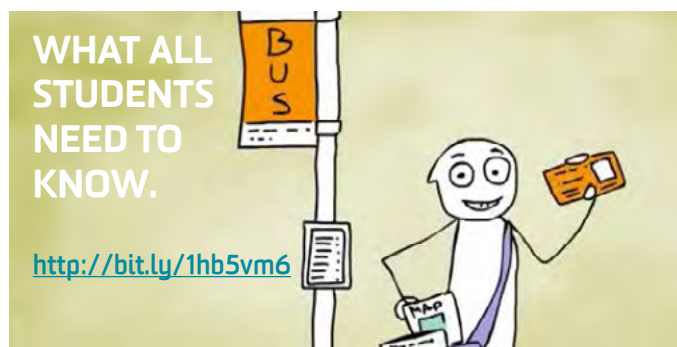
Fair Trade is a certification body, aimed at ensuring that small scale businesses and producers are able to operate in safe, non-discriminatory environments, and receive a fair price for their products. At its core, it is tackling global poverty, and relies on other companies to understand the importance of these fair trade practices, and ensure the products they are selling are in keeping with these certification principles.

The conference hosted an array of inspiring speakers including Molly Harriss Olson, CEO of Fair Trade Australia and New Zealand and former Chair of Fair Trade International, and Ruth Dearnley, World Vision's child protection and trafficking expert. There were also a number of interactive workshops over the three days, all with the purpose of encouraging advocacy of the Fair Trade movement within the universities represented.

Deakin University became Fair Trade certified in 2013 and this relationship can only strengthen with Fair Trade products now being sold at both

Geelong campuses.

Students can purchase Fair Trade chocolate, handicrafts, jewellery and other products at the Natural One café in Waurn Ponds, as well as the Waterfront Kitchen at the Waterfront campus. All of the students who attended the conference found it an extremely worthwhile and eye opening experience, and have committed to taking the message of Fair Trade not just within the university, but to the wider community of Geelong.



INDIA FAIRTRADE EXPERIENCE

Deakin University Procurement Services partnered with REHO Travel to offer two Deakin students a Fairtrade Experience to India. Congratulations to the two students awarded these positions - Robert Gentle and Melody Murton who have both been offered positions

Robert and Melody will be given the opportunity to work and homestay with artisans and/or producers of Fair Trade products and to learn and experience how Fairtrade positively effects the wealth and economy of those communities in central India.

This experience will provide a firsthand experience of Fair Trades effect on entire communities and meet those working and benefiting from these processes.

Congratulations Robert and Melody.



NEED SOMEWHERE TO LIVE?

Experience something new and live on campus

Applications are now open for Trimester 3, 2014 and Trimester 1, 2015 on-campus accommodation.

The Melbourne Burwood Campus offers three unique living options in two locations, with 200 rooms available in the Burwood Student Village and 400 rooms available in the new residences. Both proved a fantastic option for on-campus accommodation in easy walking distance of all campus facilities.

The Geelong Waurn Ponds campus offers a range of on-campus accommodation options for 790 residents in a picturesque landscape close to all University facilities, including library, shops and sporting facilities.

The Warrnambool campus offers studio and shared unit on-campus accommodation set amidst spacious grounds within close proximity to campus facilities, a nine hole golf course, tennis, basketball/netball, football oval and gymnasium.

Experience something new. Find out more today.

deakin.edu.au/residences

Short/summer stays

Short stay/group bookings are available on the Burwood, Geelong and Warrnambool campuses for staff, students and visiting academics as well as conference, school, sporting groups and general business accommodation.

During Trimester 1 and Trimester 2 (March to October) limited rooms are available for short stay bookings at Burwood and Geelong. However during Trimester 3 (November to February) an increased number of rooms become available and we can accommodate larger groups who are looking for university-style accommodation for their conference, school or sporting group needs.

deakin.edu.au/residences

Off-Campus Accommodation

If you are looking for off-campus accommodation, you can find a range of online self-help services to support you with your search through Deakin's off-campus accommodation service. The service also provides assistance in cases of complex tenancy issues.

deakin.edu.au/houseme