

Welcome to the first issue of the HMNBS student newsletter

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Celebrating Paralympic bronze



Congratulations to Madeleine (Maddy) Hogan who won a bronze medal in the women's javelin at the Beijing Paralympic Games.

Nineteen-year-old Maddy threw a personal best of 38.89 metres, blitzing her previous personal best by almost four metres. This amazing achievement came as a huge shock to Maddy who went into the games hoping to match her previous personal best of around 35 metres. However it happened and whatever she did differently for that final throw, she certainly did it right; what a great achievement for her Paralympic debut.

Apart from her medal win, Maddy's Paralympic highlight was village life and meeting other athletes from all over the world and learning about their individual disabilities.

Maddy is currently enrolled in Deakin's Bachelor of Exercise and Sport Science and is looking forward to a long career in athletics. In the short term she'll be working towards the world championships and the next Commonwealth Games; longer term she's already setting her sights on the next three Paralympic Games!

Congratulations, Maddy, on such a fantastic achievement!

Are you a graduating student? Interested in further study?
Visit: www.deakin.edu.au/future-students

Faculty Student Centre news

The Faculty Student Centre (FSC) is a fantastic resource for all students within our Faculty. It is the place you can go to submit and collect your assignments; manage special consideration applications; obtain forms, course information and style guides; and make general enquiries. The staff in the Faculty Student Centre will point you in the right direction if they can't help you in the first instance.

Faculty Student Centres are located at:

Melbourne Campus at Burwood: Y1.01

Staff: John, Lisa, Grace, Jane, Ti

Geelong Waterfront Campus: D2.216

Staff: Fiona, Leanne

Geelong Campus at Wearn Ponds: KA3.205

Staff: Kate

Warrnambool Campus: F2.13

Staff: Kelly

The Manager of the Faculty Student Centres is Melinda Thomas. She is based at Burwood but travels between the campuses on a regular basis.

Rotary Club Scholarship winner—Warrnambool

Earlier this year the Faculty Student Centre staff member Kelly nominated one of our Faculty's students for a Rotary Scholarship. The student was fortunate enough to win a \$1500 scholarship from Warrnambool Rotary.

Congratulations to Psychology student, Sonia Lee for being awarded this scholarship.

Faculty assignment procedure—change at Burwood

As most students would already be aware, from the commencement of Semester 2 some changes were made to the Assignment Procedure at the Melbourne Campus at Burwood. The Faculty Student Centre is now responsible for notifying students when assignments are ready for collection via DSO. Students are able to check from home if their assignments are ready for collection by going into the Faculty section of the DSO page and checking the 'Assignments for collection' folder. This list is updated daily. If this system proves successful it will be put in place at our other campuses in 2009.

Waterfront Faculty Student Centre update

When assignments are ready for collection from the Waterfront FSC the Unit and Assignment Number will be written up on the whiteboard in the FSC foyer.

Deakin Central at the Waterfront is open until 1 pm Monday to Friday and is located through the door to the left of the ATM.

The Waterfront FSC is open until 5 pm Monday to Friday to drop off assignments, forms etc., and the counter closes at 3 pm Monday to Friday.

DSO Discussion Board

Did you know that you can ask Faculty Student Centre staff questions via DSO? Simply log in to DSO, go into 'Faculty of Health, Medicine, Nursing and Behavioural Sciences – Information', click on 'Discussion Boards' then go into the 'Questions for the Faculty Student Centre Staff' and ask your question.

Melinda Thomas

Manager, Faculty Student Centre

Deakin University 2008 Leadership in Nursing Conference and Awards in partnership with Health Super

The Deakin University 2008 Leadership in Nursing Conference and Awards were held on Thursday 16 October at the Park Hyatt in Melbourne.

This important one-day conference—*Clinical Leadership in Nursing: The Constancy of Change*—aimed to increase knowledge of contemporary issues facing the nursing profession, such as evidence-based practice, changing health care structures, expanded roles for nurses, and nurturing of clinical leaders.

Attendees had the opportunity to take part in forums and debates about changes, clinical leadership and the challenges ahead, and explore new ways to shape the future health care landscape by interacting with international speakers and eminent panel members.

Guest speakers included a number of internationally renowned nursing scholars: Professor Marita Titler, Professor Christine Duffield, Professor Megan-Jane Johnstone, Professor Sanchia Aranda, and Adjunct Professor Belinda Moyes.

The Deakin University Leadership in Nursing Awards, in partnership with Health Super, is an annual event that recognises inspiring nurses who have contributed to the profession and benefited the public by improving health service delivery, capacity and/or policy. The Awards recognise outstanding leadership in nursing, and excellence in nursing leadership in rural, regional and urban settings creating an awareness of achievements and setting a standard to which future leaders in nursing can aspire.

The Awards dinner featured guest speaker Ms Lyn Swinburne, CEO of Breast Cancer Network Australia, who inspired guests with the story of her personal struggle with breast cancer and her subsequent quest to help thousands of other Australian women with the disease.

The most anticipated part of the night was the announcement of the award winners. Five awards were presented to the very worthy recipients who were selected from an impressive short list of applicants. Congratulations to all winners and short listed applicants.

Award winners

Particular congratulations to **Ms Trish Bulic** (Southern Health) who won the major award of \$20 000 – the Deakin Health Super Leadership in Nursing Award.

Other award winners included:

Dr Judy Currey (Deakin University) – Excellence in Nursing Leadership in an Urban Health Care Environment, \$6000

Mr Mark Arnold (Barwon Health) – Excellence in Nursing Leadership in a Regional Health Care Environment, \$6000

Ms Leanne McCann (South West Healthcare) – Excellence in Nursing Leadership in a Rural Health Care Environment, \$6000

Dr Julie Considine (Deakin University) – Highly Commended Certificate.

The judging of the Deakin Health Super Leadership in Nursing Awards was carefully organised for full objectivity; the applications of all candidates were presented to the judging panel with complete anonymity.

Deakin University recognises Health Super as a highly significant and valuable partner that we hope to continue to work with long into the future. We would like to thank Health Super for its generous support of these Awards.

Health Super

Health Super is an industry super fund dedicated to maximising the retirement savings of those who are employed in health and community services.

For more information about Health Super visit www.healthsuper.com.au

Andrew Dawson's top ten study tips



Andrew Dawson is a lecturer in the area of exercise and sport science. He is completing his PhD investigating coach career transition, development and education.

Preparing for exams is just like preparing for any other performance. Athletes, actors, musicians and students alike need to prepare for big events like exams.

Below are ten ways to tune up your exam preparation

1. Study the way you are examined: if your exam requires solving problems or writing essays make sure you can answer those types of questions under time pressure.
2. Exam conditioning: practice exam situations at school or at home where you have to concentrate for two to three hours: get hold of recent past exams and do them regularly to train your concentration, test your exam skills and your knowledge.
3. Set daily and weekly study goals that are realistic, attractive and achievable: break your learning down into small chunks of information and get to know each chunk so well you don't need to look up the answer.
4. The best way to test your knowledge is to teach someone who doesn't know anything about what you have learned. It will show if you understand the topic or not. Teach your parents something.
5. Sleep is essential: avoid changing your sleep patterns during exams; you need at least eight hours sleep a day. Missing out on sleep not only affects your mood, it reduces your brain's capacity to function effectively.
6. Eat a balanced diet: avoid foods that contain caffeine and sugar. These two mess with your energy and concentration levels.
7. Exercise is essential: for physical stress relief and keeping the body feeling strong and fresh do at least 20–30 minutes a day of moderate-intensity physical activity. Some suggestions: take the dog for a walk, go for a swim, hit a tennis ball against a wall, shoot some hoops or go to the gym.
8. Relaxation is essential: relaxing is like exercise for the mind, it helps keep your mental stress levels down. Find a way to tune out or switch off for 20–30 minutes a day. Some suggestions: have a bath, listen to some music, meditate or do some yoga.
9. Avoid watching television after studying. Research shows TV interrupts the transfer of learned information into the long-term memory.
10. Quality versus quantity: focus on the quality of the study you are doing rather than how much you do. Staring at a page full of highlighted words is not as effective as working with someone who asks you questions that you need to answer. When you find that you don't know something, go and do the necessary research.

Do the hard work early and you will avoid the last-minute panic. Cramming is the most inefficient way to study.

By Andrew Dawson
Lecturer
School of Exercise and Nutrition Sciences

Peer Mentoring Program



Do you remember what it felt like to be a new first year student?

Starting university can be an overwhelming experience as students try to cope with the completely new setting, new people, new processes, a new workload and everything else that goes along with being a uni student.

This is where student mentors come in. With their experience, second, third and later year students can provide invaluable help and guidance to less experienced students requiring a bit of support.

By becoming a student mentor you will engage in a mutually beneficial relationship that enables you to help other students achieve their goals, while at the same time gaining valuable experience and developing life skills. Other benefits of being a peer mentor include:

- free social events
- \$100 voucher
- Certificate of Participation
- development of leadership and other skills that will strengthen your CV
- the chance to meet new people
- personal and professional development
- the satisfaction of helping a fellow student.

Who can register as a peer mentor?

Any student going into second year or a later year in 2009 can register for the Peer Mentor Program.

How to register

Students interested in becoming peer mentors should complete an application form available from www.deakin.edu.au/hmnbs/peermentor/index.php and submit it to the Faculty Student Centre at any Deakin campus.

More information

For more information about any aspect of the Peer Mentoring Program, including the registration process or training dates please contact: the Faculty Student Centre on (03) 9251 7777 or email hmnbs-support@deakin.edu.au

NOMAD – Nursing, Occupational therapy, Medicine, Allied health @ Deakin!

All students in the Faculty of Health, Medicine, Nursing and Behavioural Sciences across all Deakin campuses are invited to join NOMAD.

What is NOMAD?

NOMAD = Nursing, Occupational therapy, Medicine, Allied health @ Deakin

NOMAD is Deakin's multidisciplinary rural health club. NOMAD's goals are to promote rural health careers to students of all ages, promote health in rural areas and increase awareness of the issues pertaining to rural and Indigenous health care.

Why should you join NOMAD?

For the remainder of 2008, membership of NOMAD is FREE! It is the club's intention to affiliate with DUSA in 2009, at which time a nominal membership fee will be introduced.

NOMAD is a fantastic way to network with students of all health disciplines around Australia.

For more information on upcoming activities, visit the NOMAD Facebook site at www.facebook.com/inbox/#/group.php?gid=10207174989 or email secretary.nomad@gmail.com

Jobshop

Looking for a job or vacation work?
Need help with your resume, or some job hunting tips and advice?

Deakin University's Jobshop provides students with the following resources:

- access to job listings (full-time, part-time, and casual positions, and tutoring roles)
- listings of graduate program positions
- listings of vacation and year-in-industry positions
- job hunting tips and advice
- access to a resume builder – a step-by-step guide to creating an effective resume. The resume builder provides information, examples, advice and suggestions that allow you to tailor the document to your own requirements
- information about short courses and events
- tips and advice on finding internships and work placements
- help finding tutors
- help and advice for international students on student visas
- information about workplace rights.

Deakin's Jobshop is available to all students, so why not get a head start and take advantage of this invaluable resource today! Visit www.deakin.edu.au/studentlife/headstart

Re-enrolment

If you have any questions relating to re-enrolment, please contact the **Enrolment Officer** for your School:

School of Nursing

Chantelle Linnette
(03) 9244 6126
chantelle.linnett@deakin.edu.au

School of Exercise and Nutrition Sciences

Elissa Turnbull
(03) 9244 6797
elissa.turnbull@deakin.edu.au

School of Health and Social Development

Maree Cassar (undergraduate)
(03) 9244 6028
maree.cassar@deakin.edu.au

Marianne Langa (postgraduate)
(03) 9244 6905
marianne.langa@deakin.edu.au

Administrative contact for occupational therapy:
Wendy Campbell: (03) 52 27 8366

Administrative contact for social work:
Tracy Campbell: (03) 52 27 8465

School of Psychology

Maria Muthiah
(03) 924 4 6843
maria.muthiah@deakin.edu.au

School of Medicine

Lili Smilevski
(03) 52 27 2921
lili.smilevski@deakin.edu.au

Graduation

Are you in your final year and coming up to graduation? If so, you'll find out everything you need to know on the university's Graduation web page, including information about: applying to graduate, deakin's alumni community, the graduation ceremony, graduation charges, and gown hire.

Visit www.deakin.edu.au/current-students/study-information/graduation

For help or more information, contact:

Melbourne: (03) 9244 6333
Geelong: (03) 5227 2333
Warrnambool: (03) 5563 3333

Fax (03) 9246 8220

Email graduations@deakin.edu.au

Become an alumni member!

As a Deakin graduate you are a valued member of our community. Becoming an alumni member is a great way for you to keep in touch with us and your peers, and expand your professional networks.

The Faculty has a fantastic alumni network with the following Alumni Chapters:

- nutrition
- psychology
- sport
- health
- occupational therapy
- social work
- nursing

Please visit the Faculty Alumni web site for more details:
www.deakin.edu.au/hmnbs/alumni

Study Abroad



Are you interested in studying at an overseas university for a semester or two? Do you want to experience a new country, a new culture, meet new people and gain invaluable life experience? If so, you may be eligible for Deakin's student exchange programs.

Exchange opportunities for Deakin students exist at a great variety of universities in countries throughout the world, including the US, Canada, the UK and many more.

For a full list of Deakin's partner universities overseas, please check the Education Abroad website, www.deakin.edu.au/future-students/student-exchange/exchange/index

Frequently asked questions

What is student exchange?

Student exchange programs give you the opportunity to study overseas for credit for one semester or two through a reciprocal agreement with another university. This means you do not pay tuition fees to the host institution. However, you will continue to pay your

HECS, full fees or international student fees at Deakin University. You will pay your travel, accommodation and livings costs in the host country.

Who is eligible?

Undergraduate students who have completed at least 8 credit points towards their Deakin degree and generally have at least 4 credit points to complete upon return from exchange. You must take enough credits to allow full-time study whilst overseas. To be eligible for exchange you need a credit average with no fails on your academic record.

Will the units be credited to my degree?

You need to gain the approval of the course coordinator for the subjects you are intending on studying whilst on exchange. If the course coordinator agrees these subjects are appropriate, they will be credited to your degree on successful completion of the subject.

What will I gain?

- an insight into the culture and politics of another country
- experience in a different academic environment
- an expanded social network, including other exchange students from all over the world
- networks for future contacts
- professionally, job opportunities may expand
- your Deakin transcript will reflect the units taken overseas.

What are the costs?

The costs of studying overseas vary greatly depending on your lifestyle and where you go. As a rough guide, most students spend between \$10 000 and \$12 000 Australian dollars per semester on the exchange program. You are required to pay for visa applications and processing fees, return airfare to your host country, domestic travel within the host country, medical and travel insurance, accommodation, textbooks and meals. Personal expenses will vary depending on destinations and individual spending habits. You may want to include costs for travelling within the host country during breaks and/or travel elsewhere before or after your exchange program starts and finishes.

How can I cover the costs?

Deakin University offers Travel Grants and Equity Travel Grants to suitable applicants. Endeavour Scholarships and UMAP subsidies, OS Help loans and Youth Allowance/Austudy are available to eligible applicants.

For more information visit www.deakin.edu.au/future-students/student-exchange/exchange/index.php or email education-abroad@deakin.edu.au

Professor Megan-Jane Johnstone PhD, RN, FRCNA



Professor Megan-Jane Johnstone has recently taken up the position of Chair in Nursing within the School of Nursing. Prior to this, she was Professor of Nursing at RMIT University (1998–2008).

Professor Johnstone has extensive experience in both the higher education and health care sectors. She is renowned internationally for scholarly research in the area of nursing and health care ethics, with a particular emphasis on health and human rights; cross-cultural ethics; professional conduct; clinical risk management and patient safety ethics; and more recently, climate change (health) ethics and moral politics and public policy, especially in the area of end-of-life decision-making.

Professor Johnstone has published numerous journal articles and commentaries, including a bi-monthly ethics column in the *Australian Nursing Journal*. In addition, she is the author of several books, including the internationally acclaimed: *Bioethics a nursing perspective* (Elsevier Science, soon due for release as a fifth revised edition), and *Ethics in nursing practice: a guide to ethical decision making* (2008) formally commissioned by the International Council of Nurses, Geneva (co-authored with Sara T. Fry of the USA).

Professor Johnstone is currently serving a third four-year term as a nominated Consultant (Ethics and Human Rights) to the International Council of Nurses, Geneva; and a second three-year term as an invited member of the Victorian Department of Human Services, Clinical Risk Management Reference Group.

School of Exercise and Nutrition Sciences 5th HDR Student Symposium

The School of Exercise and Nutrition Sciences is holding its 5th annual Higher Degree by Research Student Symposium on Friday 28 November 2008.

The theme for this year is 'Research perspectives on food, nutrition and physical activity: The sharing of wisdom!'

The Symposium will be of interest to: health professionals, policy makers, potential PhD students, health researchers, scientists, University staff and others.

The event will provide HDR students with an opportunity to present their Masters or PhD research that is related to the fields of physical activity and nutrition.

There are no registration costs. Lunch and morning and afternoon tea will be provided.

For more information, please contact Juliet Sagar on (03) 9244 6935 or email juliet.sagar@deakin.edu.au

Information will be posted at www.deakin.edu.au/hmnbs/ens/currentstudents/hdr.php

Little-known fact...

Pain and subjective wellbeing

Through the Australian Unity Wellbeing Index we measure the negative relationship between Subjective Wellbeing (SWB) and pain.

If young adults rate their pain as 3–4 (on a 0–10 scale) this reduces SWB below its normal range. Elderly people, on the other hand, can rate their pain as 10 and still retain normal SWB. Why is this?

Bob Cummins, Personal Chair, School of Psychology

Contributions and feedback

To provide feedback on the newsletter, or contribute content for possible inclusion in a future edition, please contact:

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