fedpress
Magazine

ISSUE № 10
February 2016

Federation University's Student Publication

UNIBAR

CHILL. CHAT. est. 2015

MONDAY 22ND FEB // UNIBAR LAUNCH

location: U Building, Mt Helen Campus

time: 2.30pm - 6pm

Featuring live music & free bar snacks courtesy of your Student Senate. Help us find a new name for UniBar!

TUESDAY 23RD FEB // UNIBAR INTERNATIONAL ARVO

location: U Building, Mt Helen Campus

time: 2.30pm - 6pm

Meet students from around the world in UniBar, chill out to some live tunes & fill up on free bar snacks.

WEDNESDAY 24TH FEB // THE FEDS TAKE OVER UNIBAR

location: U Building, Mt Helen Campus

time: 12.30pm - 2.30pm

FedUni's mature age club "The Feds" are taking over UniBar for a lunchtime session featuring free cheese platters.

MONDAY 29TH FEB // LAUNCH OF WELCOME BACK WEEK

location: Unibar

time: 3pm - 6pm

Featuring live music & free bar snacks...
Help us find a new name for UniBar!

STUDENT SENATE
YOUR VOICE!

REGULAR HOURS OF THE BAR MON, TUES AND WED 3PM TO 6PM

UniBar brought to you by your Student Senate

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Contents

SURVIVAL ISSUE

THE CONTRIBUTORS

Cover Design	Timothy Kirkham	
Survivor	Jonathon Shilling	
Zombies	Jo Bakker	Beau Schoenmaker
	April Garreffa	
Content	Pietro Angeli	Jess Kelly
	Scarlette Baum	Brianna MacDonald
	Theahna Coburn	Laura McLachlan
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Student News

Australian Hospitality 4
Stone Cutters 5
#YourVoice 6
Do More at Uni 7
Senate's Top Ten Student Services 14

Feature

Getting Through Semester One 11
The Purpose of the Program 13
Six Things That Can Cost You Easy Marks 17
A Note to All Those Unsure of What to Do with Their Lives 18

In A Nutshell

HECS Help 16

Things That Exist

Chairs 9

Lifestyle

Six Feels Every Online Student Understands 12
Surviving Grief 19

Entertainment

Uni Survival Tips from Movies 22
#StudyOrNetflix: A Survival Guide 22
Term One Survival Playlist 23

Creative

Before the End 20
The Antisocialist's Entance into University Society 21

Special Thanks To:
Jo Bakker, Cameron Fletcher, April Garreffa, Amy Rickard, Beau Schoenmaker and Jonathon Shilling

follow us on social media!

Australian Hospitality

by Anonymous

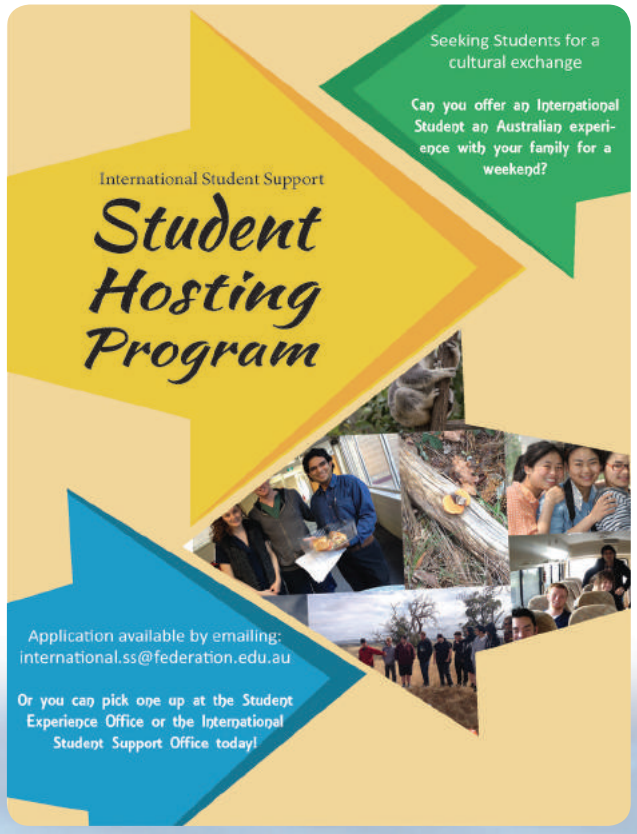
Being English, it's in my blood to be a little contained and sometimes a bit cool with new people. I've tried desperately to shake it off and find myself regularly watching other cultures to see how they interact with, or often embrace, strangers in their lives. During my time as a backpacker, I found myself in the position of 'stranger' entering other peoples' lives, and was always made to feel more than welcome.

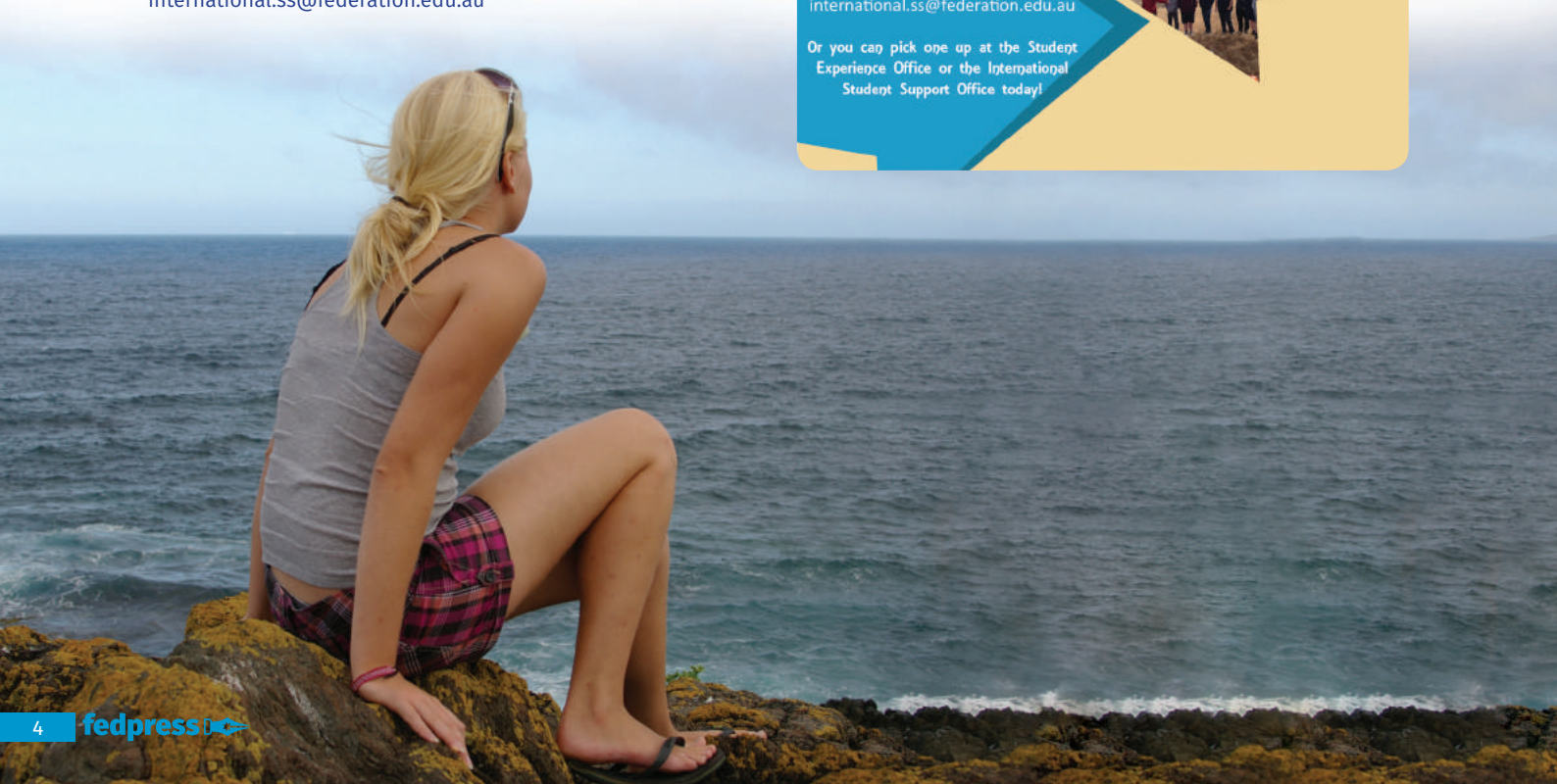
Ten years ago, I met a Kiwi couple whilst I was on holiday in Europe and invited them to stay in my little corner of the country for a weekend. Although the offer was genuine, I never expected them to turn up, so you can imagine my horror when they did. They were really nice people, but what the hell was I going to do with them for 48 whole hours? How was I going to entertain them for that long? Should I tap dance? I'm pretty sure they sensed my fear of being hostess for two whole days and nights.

When I arrived in Australia, I worked at a caravan park on the Great Ocean Road for a while. It was a bit of a dive and I didn't have high expectations for the whole experience. What I had not considered was the amazing Australian hospitality that greeted me from the campers and grey nomads. The Aussies showered me with bacon sandwiches, glasses of wine, and clothes they weren't wearing anymore. I also regularly had phone numbers and addresses thrust in my hand and was invited to visit for a weekend — and they genuinely meant it, unlike us sour Brits!

For a while now, I've wanted to repay the amazing hospitality that Australians have shown me. A few weeks ago, I gave hosting another go with my very own couch surfer, Amy, from Connecticut. I planned well for the experience by filling up my kitchen cupboards, thinking about touristy places to take her, having some conversation points in my head to fill any awkward silences with, and roping in friends to help me entertain (no tap shoes needed this time!). The three days flew by. Amy was great fun, and it felt really satisfying to be able to pay forward the kindness I have been shown by the folk Down Under. I also loved showing off what Australia has to offer. By welcoming a foreigner into my home, I was allowed the excitement of travel without the price of a flight, and my world opened a little wider as I learned more about someone else's culture, all from the comfort of my couch

If you feel inspired to extend the fabulous Aussie hospitality to a newbie in town, why not consider taking part in FedUni's Hosting Program? The International Student Support team, with the Student Senate, are piloting a new Hosting Program in 2016 and are looking for domestic students to host an International student for a weekend. For more info, please contact international.ss@federation.edu.au





Stone Cutters

What's all the fuss about?

Named after an iconic episode of *The Simpsons*, the Stone Cutters quickly became the benchmark for not only FedUni social events, but also almost all social events in the town of Ballarat. It's like being stuck in the movie *Van Wilder*, but instead this is real life and a membership is all you need to get involved with all the fun.

The Stone Cutters are FedUni's very own party liaisons with every one of their events turning into an epic affair sometimes attracting hundreds of students. To kick off 2016, they will be hosting some of the iconic O Week social events, including the infamous tour of tradition, as well as a UV paint party and a crazy 'Back to School' themed event. However, the social events don't stop there, this is just a taste of what the Stone Cutters have in store for the entire year. As term one continues, the Stonecutters will host their largest event of the year — the now famous Beach Party with Ballarat's very own nightclub beach, equipped with a 12 tonne real sand dance floor.

The Stone Cutters will be out in full-force during O Week at Mt Helen, with their membership stall set up on Monday, Tuesday and Wednesday, as well as weeks one and two of classes. If you plan to immerse yourself in the social scene this year at FedUni, then a $20 investment into the 2016 Stonecutters club is right for you.

Be sure to stay up-to-date with all the latest 'Cutters news by following them on Facebook and Instagram.

stonecuttersballarat1

@stonecutters_ballarat

STUDENT SENATE'S

PRE-LOVED BOOK EXCHANGE

Tuesday 1 March

11:00am – 2:00pm

Mount Helen (UniBar) and Gippsland (outside Student Leadership Office)

For more information contact

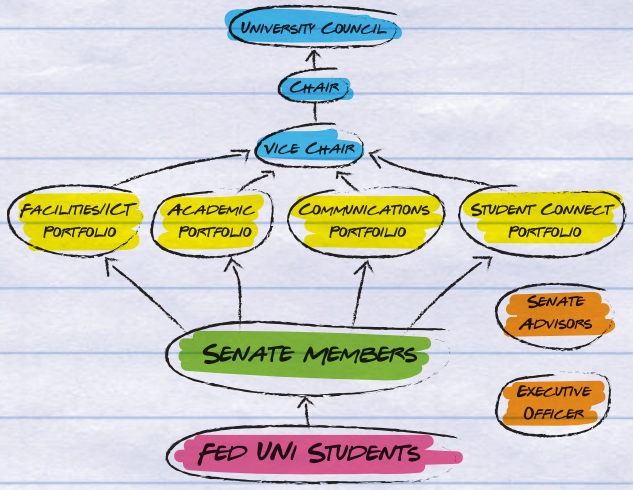
student.senate@federation.edu.au

#YourVoice

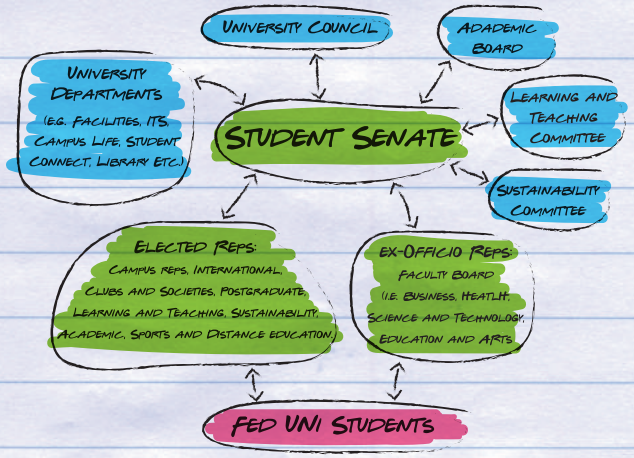
by Jess Kelly

FedUni's Student Senate are the student representatives who stand up to ensure that all students have a voice in improving their university experience — no matter how, where, or why they study. There are twenty-four positions available, with reps from all campuses, faculties and levels of study, as well as a number of special interest groups, and co-opted board reps. Each sit for a twelve month term from October each year.

How is the Senate structured?



Where does the Senate fit within FedUni?



There are a few positions still available for 2016, so jump onto www.federation.edu.au/student-senate to see which seats are still vacant and how to apply.

The Senate is always ready to hear your ideas for improving your student experience, and there are heaps of ways you can get in touch. You can contact us via email (student.senate@federation.edu.au), visit us at a forum on campus or online, or check out our social media platforms where you'll find the latest updates on all things Senate.

Do More at Uni

by Jody Dontje

Uni life is study-socialise-sleep-repeat, right? Yes, but there's so much more if you want it. This issue of FedPress is all about surviving, but if you want to thrive, uni is full of opportunities — never again will you have so much time, support, and help from others to do whatever you want to do.

So what can you throw yourself into at uni? I got involved in many things which have helped me to become the person that I want to be:

Mentor Program

(www.federation.edu.au/mentor)

Everyone gets a mentor during first year, but becoming one in my second year was extremely valuable to me. Suddenly, I was the one supporting others with their study and helping them to meet new people.

AIME Mentoring

(www.aimementoring.com)

Mentoring Indigenous high school students helped me overcome my own identity issues and build my confidence. It gave me a sense of self-worth and made me passionate about Indigenous education.

FedUni Outreach

(www.federation.edu.au/outreach)

Going on the road to talk to rural school kids about higher education helped me to step outside my comfort zone, inspiring me to teach at high school instead of my original primary school focus.

Leadership & Volunteering @FedUni

(www.federation.edu.au/student-leadership)

Their workshops, recognition, and support enhanced my leadership knowledge, skills, and values as a leader. After four years of attending workshops, I was empowered to run my own, which helped me to think about my areas of strength and improvement.

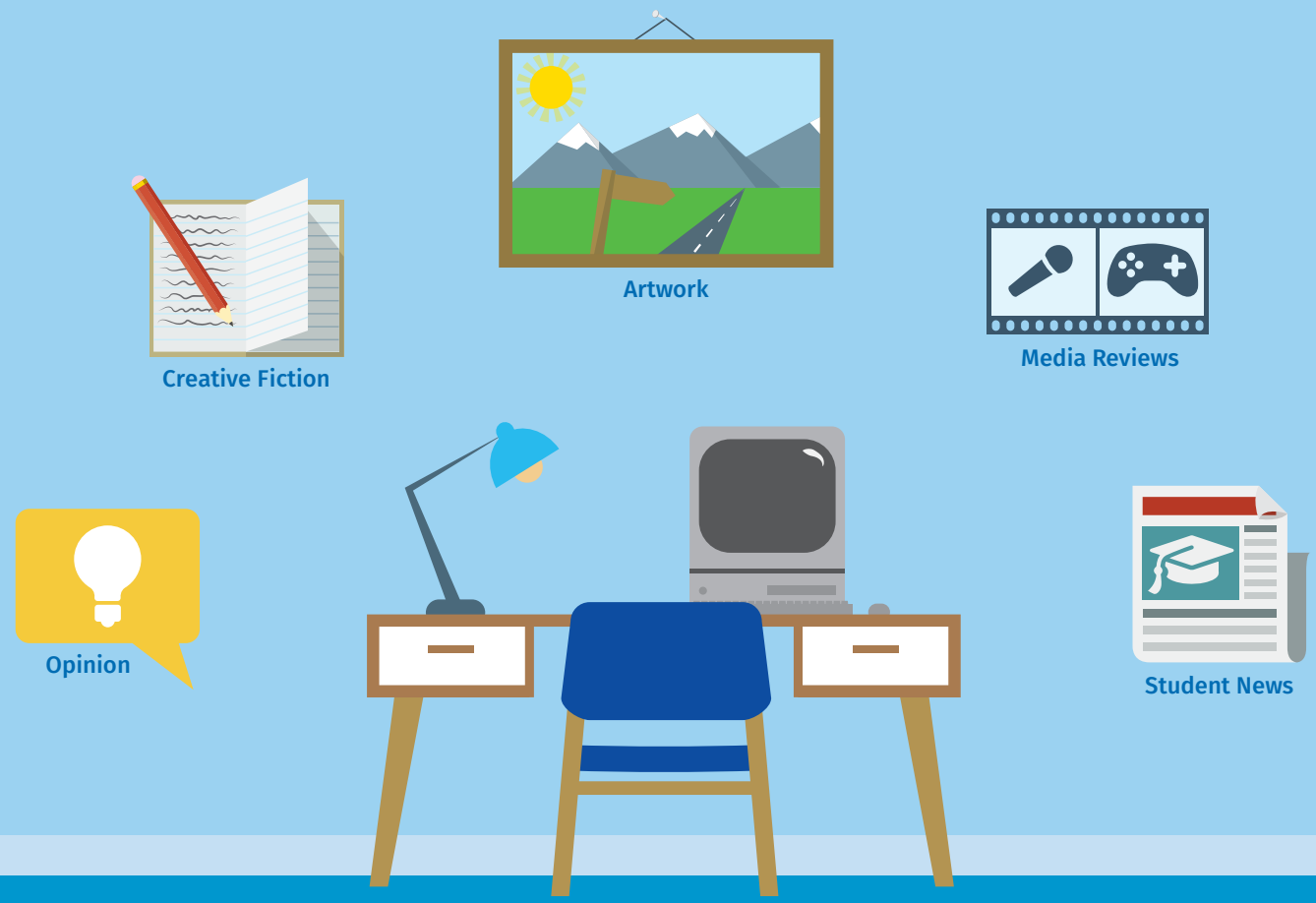
The Help Nepal Appeal

(www.thehelpnepalappeal.wix.com/thna)

In my final year, I founded a not-for-profit initiative, The Help Nepal Appeal, in response to the 2015 earthquakes in Nepal. That year, we raised over $10,000 and now we're expanding to provide volunteer opportunities both here and in Nepal for people just like you.

I'm actually moving to Nepal at the end of this year to run the appeal on-the-ground, which is not where I thought I'd end up when I started at uni four years ago. My life has changed because I decided to do more at uni, and I urge everyone to do one thing this year that you didn't realise existed.

FEDPRESS WANTS YOU



In 2016, FedPress will reach students across Federation University's Ballarat, Wimmera and Gippsland campuses.

Our editorial team are eager to see more submissions from the wider student community. We are looking for writers, designers and photographers to contribute.

Visit **www.fedpressonline.com** to read our submission guidelines and to find out how to get involved.

2016 SUBMISSION DATES

APRIL	JUNE	SEPTEMBER
3	26	4

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Things that Exist

by Pietro Angeli

Chairs

Two middle-aged plumbers stand side by side on the edge of their worksite. It's smoko, and they each slide a cigarette from the packs they keep in their breast pockets, right next to their heart. Ironic, no?

One turns to the other.

"Fuck me, I've been smoking nearly fifty years, can you believe that?" He says.

"I'd be about the same, mate," says the other.

The two share a guilty look and they sigh as they take a drag of their respective cigarettes. One of them coughs. It's a sad, dry sputter that he's used to living with by now. Someday it might kill him, he thinks sombrely. Maybe.

"Ah well," says the other plumber, "least we're not sitting in chairs, eh?"

"Oh, God no."

"That shit's poison, I'd never be caught dead near the stuff."

The end.

This little skit was meant to outline how chairs can be super harmful and possibly even more dangerous than smoking, but then it kept going and now I'm down 167 words and haven't even started on why chairs are bad, so let's get a move on.

Chairs are unhealthy. That's my point. Well, not chairs really, but sitting. And chairs allow people to sit, so by extension they suck too. Since the start of recorded history, sitting has been the most popular human practice in existence. Most people spend more of their waking hours sitting than doing anything else.

But what are the actual risks of sitting? Surely it can't be anything dreadful, just a bit of joint ache, right?

Wrong. A recent article on *Lifehacker* states that heart disease risk increases by up to 64% for people who spend six hours a day sitting.[1] They're more at risk of cancer, high blood sugar levels and excess fat. An average of seven years of quality living are shaved off. This is big. This is like a major, hidden conspiracy. This is Big Brother not letting us know that chairs are unhealthy, so we can continue our jobs as dutiful worker bees in the great hive that is the corporate world.

Okay, so the science-y reasons for why sitting harms us has to do with our body slowing down as it adjusts to a sedentary lifestyle. Muscles take in less fat, less calories get burned, and your metabolism slows.

Fortunately, it's actually quite easy to counteract the dangers of sitting. By standing up once every hour and doing 30 minutes of exercise a day (doesn't have to be vigorous, can simply be walking to a shop), you kick-start your body's important processes back into action, even if you are sitting for an overall of 6 hours a day.

★★☆☆☆

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THE CONTRIBUTORS

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Getting Through Semester One

by Anonymous

Starting university is kind of scary whether you are fresh out of high school, have taken a break, or have spent the last twenty years working. Being prepared is the only way to deal with the coming years, as things will only get harder to manage. The first semester of first year is easier than most, as courses are designed to help new students adjust to the changes.

Inform Yourself

Use the first semester to get to know everything about what the university has to offer, and it will help you a lot more in the years to come. The library offered a number of classes when I first started, but these aren't compulsory. I thought there were better things to do with my time, like sleeping. I found in later years, however, when lecturers organised classes for us, they were more helpful than I first thought they would be.

You Need a Social Life

It doesn't matter what you do, but friends are going to be one of the things that get you through your degree. Just remember that you social life should not compromise your study. If you come into class each week late, whether your kids have run amok or you arrive hungover, you are unlikely to get sympathy from you tutor. That said, do not be afraid to let them know if you will be absent from class. Sometimes there are ways to make up for missed classes, and if nothing else it is just courteous.

Friends Are Good

Friends are also the people who are going to give you a hand and the best chance to succeed in your studies. If you find that getting to tutorials every other week is impossible, and the other tutorials are full, it is worth seeing if anyone can swap. If not, how about getting together to do a recap session? End of term or, better yet, weekly study sessions are the best way to stay on top of your material, they are also a good excuse to catch up over coffee.

A Little Bit of Competition Can Help

Once you are settled into your class, friendly rivalry can help some people. Just remember not to take it too seriously.

Assessing Your Workload

Your assessments are another thing you can simplify by setting small goals. Plan to complete specific sections of your assessment on a weekly basis. If you have five weeks to complete a task, first start by figuring out which notes, textbooks, or formulae are needed. This allows you to break your assessment into smaller parts that you can rewarding yourself for completing.

One page of writing means you can watch an episode of *Game of Thrones*, or go to a friend's party. Keeping the goals small means that you are not overwhelmed and can achieve everything on your 'to do' list. It also means that you know what you have to do and self-discipline becomes easier.

Planning is Essential

You can plan your semester more efficiently by noting assessment due dates once you have your course description. If your mum's birthday or some other social event is in the same week as an important assessment task, you can arrange to have free time. No one wants to skip a class and discover later on that it contained important exam questions.

Always over-estimate how long preparing something will take you. If you think that writing an essay is only going to take a week, allow for two. Something always comes up, and if it doesn't, you'll be glad to have a day to yourself. If you keep to small goals, you can even finish earlier than you expected.

The university has diaries and wall planners available. Use them! Simply writing down the due date as a reminder is often enough to keep you aware of how much you have to do. By filling in the diary you also see how much is on your plate. Party invitation for next week and three assessments due on Friday? Now you can make the right decision.

Try to Set Weekly Goals

Write out a list of things that are due that week: whether you set them yourself or have a due date, write it down, then look at what you need to prioritise. You can work soonest to latest, others might prefer biggest to smallest, or least to most enjoyable. Either way, set out what you want to achieve and by when. Remember small goals and an achievable time frame are important.

You are not going to have someone else looking over your shoulder keeping tabs on how far you have come. You will need to be independent and take control of your own studies. You can compare your own progress with others. You may not see it at the time, but by the end of the semester you will see the difference in your organisational skills. By your last semester you will be an organisation ninja.

Six Feels

Every Online Student Understands

by Liana Skewes

Being an online student is a unique form of university lifestyle that can only be understood by others that have experienced it. It's totally different from anything that happens on campus. When you've studied online, you'll probably be familiar with a few home truths:

1. It's Super Lonely

As an online student you have no human contact. Zippo. When a lecturer emails you, it's sometimes the most exciting thing that can happen in a day, because sometimes you question the existence of your uni. Is the uni even real? Am I real? Is this the real life? Is this just fantasy?

2. As Glamourous as the Ads Look, You Mainly Study at Home

We've all seen the ads highlighting the convenience of online study — some person deep-water diving whilst using their tablet to Skype with a lecturer. In reality, I've studied in a library a couple of times, and revised once in a café. Really, your best study space is usually the one where you can focus, usually where you don't have to suffer under the tyranny of pants.

3. As Convenient as It Is, Online Study Is More Work than on Campus

And that's the catch! The myth is that something convenient requires less effort, but with online study 'convenience' is often the wrong word for 'accessibility'.

4. You Could Organise a Herd of Cats

When you're on a campus you get to overhear other people talking about assignments you may have overlooked. If you're an online student, you know how to find a course description, you have all your assignments in your calendar before classes begin, and you allocate study time like clockwork to fit around the rest of your life.

5. You Feel Like You Are Your Own Campus

You have a super big sense of pride in your uni, and The Campus of No Pants is still a campus. Student population: 1.

6. You Already Have the Life, and Online Study Works Around It

When you can put off hitting the play button on a lecture, it's so much easier to give into the demands of life. An extra shift at work. Kids. Pets sitting on your computer. Commitments galore. You become a really good negotiator with yourself, and sometimes you have to be firm about knowing what can be compromised.

Welcome to uni life!

Your fellow online #FedUniHumans salute you! #NoPants

The Purpose of the Program

by Brianna MacDonald

In 1967, *The Los Angeles Times* criticized the Governor of California, Ronald Reagan, for his conservative views on higher education. Reagan argued that taxpayers shouldn't be accountable for learning for the learner's sake. The Times countered that university was a place for development and growth — up until then, it had been a place where young adults went to explore possible fields of study before settling on a career.

This vital moment has contributed to our current view that post-secondary institutions are not a means of exploration, but a means to end. Students often undergo three to four years of full-time study to fulfill one goal: to get a job.

The number of hours spent in your life working towards a degree is enormous. Student life is exactly that: a lifestyle that is dedicated to pursuing higher education. Currently going through the system for a third time, I can understand the energy dedicated to school-related tasks while pursuing a degree. Therefore, I have to wonder why anyone would spend up to 40 hours a week going to classes, studying for and finishing assessments, and then limiting all sources of income for several months to years, for a qualification that they had no real interest in.

Throughout my years at university, plenty of conversations have ended with:

"You're studying acting? Cool."

Dead silence ensues.

Many times there has been this awkward silence, while my companion blinked on in amazement, at the fact there is still at least one person who honestly believes an education in the arts is not a dead-end. My silent stare back hopefully says "I could have sworn this was 2016" and, "When did university become synonymous with finding a job?"

It would be easy to believe that fine arts and arts programs are only a valid option for those who don't mind a secondary source of income, and that performing arts courses are nothing more than a hospitality degree.

But, regardless of circumstance or educational background, the first post-secondary program most students take will not define the rest of their lives. Several students I know are satisfied with their original choice and are happily working across the globe, others have the intention of working before returning to school, while some have decided the industry they entered is not for them. If students are just as likely to modify their job preferences after their initial program, then why are we placing so much emphasis on the primary degree?

Gone are the days of learning for the learner's sake. "Not on our dollar!" shouts the taxpayer. "Why spend money on something that has an unsecure return on investment!"

An arts degree may not bring about an immediate salary like some disciplines, but then again, can you really place a dollar value on the mind? So I ask: what is it that you want to do? Not with your whole life, but right now? Hell, when I was 18, I thoroughly believed that you could not teach somebody to act, and yet here I am, entering my third year of an acting degree, thoroughly humbled and surrounded by talent.

I, too, bought into the idea that business was the way of the future and classical arts were a waste of time. But now I wish someone had asked me — really asked me — what I wanted to do. But then again, perhaps I wouldn't be here asking you to ask yourself.

Jobs for the sake of jobs do not always require further study. If you really just want to be financially remunerated for something, you can be. But ask yourself what you really want to know and go from there. You might end up molding a grey clay blob into the best sculpture it can be.

Senate's Top Ten

Health and Wellness Services

Health Centre

A Health Centre is situated at both the Mt Helen and Gippsland campuses and is open to all students. They bulk-bill and take appointments for general and travel health, as well as being a great source of health information. Currently doctors are only located at Mt Helen, so calling ahead (5327 9477) is usually a good plan.

Counselling

(www.federation.edu.au/counselling)

Need an extra pair of ears to help guide you through a busy time? Feeling confused, sad, lonely or angry? Free and confidential counselling is available for personal, academic and financial/welfare issues. Whether on or off campus, there is an option for you.

Disability Support

(disability@federation.edu.au)

FedUni is committed to making sure that you have every opportunity to succeed. Disabilites come in many different forms, and there are Disability Liason Officers who can work with you to make sure your FedUni experience is the best it can be.

Financial Services

Financial Info and Support

Student Financial Support Officers are financial gurus based at both the Mt Helen and Gippsland campuses. They are available when things get tough and you are in need of finanical crisis support, as well as being a great source of budgeting and other finanical advice. Phone appointments are available: Gippsland 5122 6425 and Mt Helen 5327 9470.

Scholarships

(scholarships@federation.edu.au)

Kickstart is the go-to starting point for accessing a helping hand financially. Meeting the criteria can directly contribute to your eligibility for direct monetary assistance towards books, uniform and equipment during your time at FedUni. They also offer grants for joining your relevant professional association.

Academic and Student Support

Student Advisory Service and Free Legal

(studentadviser@federation.edu.au)

The Student Advisory Service is available for any questions that you might have about university life, and the complex world of new words and processes which come with it. They can help you navigate any issues you might have (such as appeals or complaints), as well as linking you up with the free legal service for advice on other issues (such as family law or employment rights). Did I say that it was free already?

Academic Support

What is on offer is so lengthy that we would need a separate list altogether. There are countless resources and support staff available, ready to help both on campus and online students, to navigate the complex academic world. Check out CLiPP, Student Futures (FedReady, PASS, ASK, LSAs, YourTutor), the Library and your faculties for more info.

Student Careers and Employment

(studentcareerhub@federation.edu.au)

Need a job to keep your spending money coming in? Starting to consider what will happen after you graduate? The Careers team is ready to offer support with résumé building, mock interviews, career planning, and much more. All FedUni students also have access to the online Career Hub, which can can be used to search for jobs.

KickStart
Scholarships, bursaries and grants

Student Services

by Jess Kelly

But that's not all!

Student-provided services

Your fellow FedUni students are ready to show off their new skills by providing you with discount services. Unistyle (hair and beauty) and Prospects (restaurant) are fixtures at our SMB campus. In need of massage or exercise rehab therapy? They're available, too. Browse the FedUni website for contacts and opening times to access these great quality, cost-effective services.

unistyle. hair & beauty

Security

Our campuses are looked after by a team of Security Officers who monitor our carparks and facilities to keep them safe and secure. You will find emergency assistance posts for use in emergency situations. You can also request a security escort, as well as report incidents or suspicious behaviour to keep yourself and others safe on campus. The emergency numbers to add to your phone are: Gippsland 5122 6999 and Ballarat/Wimmera 5122 6999. Visit the FedUni website for non-urgent security numbers.

THE CONTRIBUTORS
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For more information visit
www.fedpressonline.com
or follow us on social media

HAVE YOU GOT WHAT IT TAKES?

In a Nutshell:

HECS Help

by S. Hooley

A lot of us know the basics of the Higher Education Loan Program: the Australian Government pays our university tuition fees and we pay them back once our income hits a decent figure, which usually happens after we've graduated. HELP is a blanket term which covers the many kinds of assistance you can receive, and that is determined by the kind of study you're undertaking. Being uni students, most of us will have HECS-HELP, but I am going to refer to it simply as a Loan. A Loan that stays with you until it is paid off.

But how does the rest of it work?

Each semester you might have noticed the university banging on about a census date, and you might not be sure what it means or why it's important. This is the date when the uni charges you for whatever classes you are enrolled in. If you want to swap a class, you can do it without paying for it (financially, at least, you still have some catching up to do in class) before the census date. After the census date, the uni sends all the information about who is enrolled in what to the Australian Taxation Office (or ATO) to have the tuition for that course added to your Loan.

Why is it sent to the ATO?

The Loan is paid off only when you start earning enough money (there's more to it than that, but we'll get into that later). This is called a compulsory repayment. How does the Government know how much you're making? You tell them every year through your tax return.

But let's start from the beginning: you've found a job that balances your studies with your need to feed yourself or pay rent and other silly things like that. Maybe you had this job before you started uni and your boss is cool enough to let you work whenever your timetable allows. Regardless, you may remember when you started your job, you filled out a form that required a nine digit number on it. This is called a Tax File Number (or TFN) Declaration. On this form, one of the questions is 'Do you have a HELP loan?'

If you do, naturally the answer to this is 'yes'. So you cross the box, sign the form and away you go. Crossing the 'no' box means you risk having a debt from your tax return. The reason this question is on the declaration is to tell your employer to withhold a little more tax than normal, to cover the HELP repayments.

Here is where a lot of people get confused: the tax that is withheld throughout the year doesn't go straight towards your loan. It sits in the Reserve Bank until they know what to do with it. You tell them what to do with your money by lodging your tax return (or by getting a tax agent to do it).

With the information you put on the return, the ATO figures out whether or not you need to pay any of your Loan back. As I said earlier, this doesn't need to happen unless you earn over a certain amount (there are a few other figures considered as well, the total of these figures is called your Repayment Income. If your Repayment Income for the financial year just past (2014/15) is $54,126 then you will need to make a compulsory repayment. Good news, though: you've already done that throughout the year. This figure changes every year (usually increasing) and can be found on the ATO's website (www.ato.gov.au).

So what happens to the extra money that was taken out of my pay?

Hopefully, you'll get it back from your tax return. Or it might go to covering a debt (if you have one) with the ATO, Centrelink or Child Support. Basically, you've had too much tax withheld, and that money doesn't belong to the government, so they pay it back with the rest of your tax return. The downside to this is that you also haven't paid off any of your Loan. That's okay though; you don't have to. As long as you don't meet the criteria, you're not paying it off.

But if it's a Loan, isn't there interest on it, making it bigger every year?

Short answer: no. But, each year on the first of June, the ATO applies indexation to the unpaid Loans. In English, this means that the Loans are adjusted to keep them in line with the actual cost of things, like inflation. If the Loans are not indexed, the longer they are left unpaid, the cheaper they will get, in theory. Of course, the ATO is smarter than us, and so it indexes the Loan cost relative to the cost of eggs and Big Macs etc., essentially keeping the cost of your tuition the same no matter how long it takes you to pay it off. However, if you are nervous about having a loan, the ATO encourages you to put forward voluntary payments. Until July 2017, if you make a voluntary payment of more than $500, the ATO will pay off another 5%. So if you pay $1000, the ATO will add on their 5%, making the repayment $1050.

Awesome, how can do I do that?

You can call the ATO on 132 861 between 8.30am and 8.00pm Monday to Friday, or between 10.00am and 4.00pm Saturday and Sunday. Make sure you have your TFN ready and have paper and a pen to write down the important bits.

So you've lodged your return, and for another year, that's that. Until you have to start paying it off.

Not enough nut in this shell?

For more details visit www.ato.gov.au

Six Things

That Can Cost You Easy Marks

by Ashleigh Dyer

Sadly, O Week does not last forever. The fun and games quickly come to an end, and we must face the reality of uni: assessments. It takes hard work — and a lot of mistakes — to figure out the best way to go about them, and what is expected of you. Here is some advice on where you can avoid losing unnecessary marks.

Spelling and Punctuation

It may seem like a small part of an assessment, but misspelled words and incorrect use/lack of punctuation can have a significant impact on your final mark. Like anyone, I want nothing more than to send my assessment off when I have met my word count and answered the question, but I have learned the hard way that not doing a final edit can cost you marks.

Here are some pointers that could save you from making a mistake:

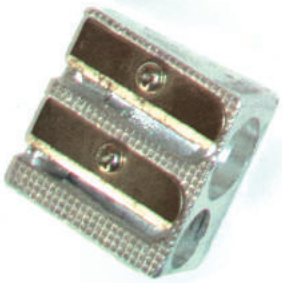
- read what you have written aloud, as it's easier to hear any issues with wording or punctuation
- have a list of important words that you should not get wrong
  - names: people, authors, and places
  - titles: novels, articles, and films
  - anything related to your topic
- be consistent with your spelling and punctuation

Tip: Change the font to something you normally do not use and then edit one line at a time, changing the font back as you go.

Formatting

It is important to adhere to your course's preferred formatting when it comes to assessments. Remember that your lecturers are asking for it be presented in a certain way for a reason. The information can usually be found in your Course Description. If not, ask your tutor — they are there to help you. These are some of the aspects of formatting:

- title page
- font
- program used
- spacing assessment layout
- page numbering



Word Count

Sticking to a word limit is important, not only because you will lose marks if you go over, or write too little. Some courses have a rule where you can go 10% less or more than the word count, but make sure to ask your lecturer or tutor.

Deadlines

Without an extension you will lose a percentage of your overall mark for every day that it is late — the exact percent will depend on your course.

Tip: If you have a problem or foresee an issue, let your tutor know as early as you can so they are aware of the situation and can help you if possible.

Referencing

Marks are not the only reason to reference properly — if you do not cite your sources correctly it can be considered plagiarism, and no one wants that hanging over their head. There are a number of different referencing styles, so be sure to check which one you are expected to use in your course. You can download the referencing guide from the FedUni website for free at www.federation.edu.au/library/resources/referencing

Tip: If you are unsure or struggling then be sure to ask your lecturer or tutor and they can tell you what they expect.

Answering the Question

Depending on the type of assessment, you may have to respond to a question. If that is the case, it is important to read the question carefully and also to make sure you understand it. Your response is the backbone of your assessment and you need to make sure you are addressing all of the important parts of the question. There a few ways to be certain you have answered the question properly:

- if the question is wordy, break it down by looking for the important and most relevant words
- if the question has multiple parts, be sure to answer each of them
- in your introduction, clearly state your position regarding the question (for example, whether you are for or against).

A Note to All Those Unsure of What to Do with Their Lives

by Laura McLachlan

I started university in January 2014, and within three weeks I had dropped out. I had no idea what I was doing or why. I never thought properly through my reasons for getting a degree, and felt enormous pressure over my motives, goals, and life in general. During those scary, hard months before I returned to study the following semester, I learned some things that I wish someone had told me earlier on. Things I hope will help you survive the crushing weight of expectation, suggestions, and endless career quizzes.

You Can Be at University Without Knowing What You Want to Do

You will have to face concerned parents and doubtful strangers, but it'll be alright. What made university (and my relentless doubts) bearable, was coming to the realisation that I couldn't see myself doing anything else (at that point in time). Seriously. That was it. Though it may frustrate and worry others, for me those intolerable moments of confusion and anxiety became far easier to deal with. So, figure out why you are doing what you are doing — it doesn't have to be precise or have an end goal. For many of us, our time at university will encompass many important changes in our lives. We might grow up, become independent and form our own views of ourselves and the world. Some people need more time than others to search through these things and learn without being thrown straight into the deep end. If you're only at university because it gives you time to figure things out, then that is totally okay. Just use this time wisely and take advantage of what is available to you.

Don't Compare Yourself to Anyone

You may have heard this many times before, but it is true. People may look like they have their lives figured out, but many people are just good actors. Something you will learn as you get older is that no one really follows the 'social clock' in society — that is, the idea that you should be doing certain things at a certain age. For example, I am only 21 and many people my age are engaged, married, or have babies. At the same time, many of us are travelling, getting drunk, or steadily grinding their way through university and their part-time jobs. I know others who are even in managerial positions already. Life works out differently for everyone. Just let that sink in. There is no one 'right' way to do life. Everyone figures it out their own way, and in their own time. Don't let people shame you if you aren't sure. And don't beat yourself up about it either.

You Are Not Your Job Title

Too many people equate their worth and their identity to their career. A job is something you do, not something you are — no matter how many zeroes are in your pay-cheque, or how prestigious your title is. Despite what society tell us, all jobs have meaning, and all jobs are valuable. If you finish university and then decide to do something that does not require a degree, whether by choice or necessity, so be it. You're not flushing your life and talents away if you clean toilets every day.

There Are More Important Things Than What You Do

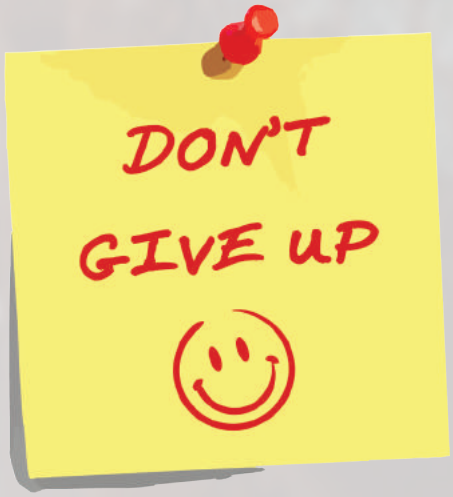
People may argue with me here, but there are parts of who we are that will have more significance in our day-to-day lives than where we work. For example, how you treat others, how generous you are, etc. These may be considered small in the scheme of things, but they actually make a big difference. You will always be you, and if you don't like that, not many career decisions are going to fix you.

Lame As It Sounds, Don't Give Up

So you're not clear about some things, but if we're honest, who is? Things change, jobs change, human beings change. Even if you work it out, things will happen that come out of nowhere, and your internal GPS will lose connection, your coordinates will change and your plans along with them. That is often how life works. Learn to work with that and you'll do fine.

Lastly, Just Remember You Are Not Alone

In going back to university, I learned there are many people like me. I have been fortunate enough to have been in classes where there were discussions about being directionless and confused and just knowing that other people are going through the same situation helps. Even if they have no real tips, the fact that others have been through this before was enough for me to stop being so afraid and uncertain.



SURVIVING GRIEF

by Theahna Coburn

I still remember the day my Nonna died. I was 11 and had never dealt with a loved one's death before. I remember my mother wailing as she was told over the phone. In the midst of the chaos, my Gran called and I answered the phone. She told me how sorry she was to hear the news. I teared up, choked a little over my words, and handed the phone to my father. That was the full extent of the sadness that I showed throughout the next couple of weeks.

I didn't cry at my Nonna's funeral. At the cemetery I watched on, seemingly unaffected by what was happening. I didn't cry about it for weeks, and I couldn't understand why. I was worried that I was emotionless and that I didn't deserve to even think I loved my Nonna. I struggled to get her off of my mind, but I still couldn't cry for her. I thought about her at night and wondered what she was doing, where she was, and how she felt. I didn't speak to anyone about my feelings because I didn't understand them. I eventually cried over her loss, but it took a lot longer than I thought it would take. Along with the tears came the hard-hitting realisation that I was never going to see her again. This was my first experience with death.

Last year, I lost a close friend. I found out through Facebook. His cousin had posted a photo of him and the condolence messages starting pouring in. Throughout the night I stuck to Facebook, waiting for answers. I cooked dinner thinking about nothing other than whatever joke it was, it wasn't funny. I hardly ate that night, thinking to myself that it still wasn't funny. I continued on with my normal routine for the night, still believing that the joke would end soon. When I went to bed, I made a promise in my head that I wouldn't be mad, just so long as he made contact with me. Hours later I was sitting on the bathroom floor, crying. I cried until my partner woke up and brought me back to bed. The next couple of days went by slowly. I would burst into tears just at the thought of him. A day later, I finally learned what had happened to him, and then it hit me. I could no longer tell myself it was a joke, and I wailed — just like my mother had all those years ago.

On reflection, I realised that the way I had come to terms with each loss was different, but my feelings were strikingly similar.

I was a child when I lost my Nonna, and 21 when my friend passed away. My perception of death was very shallow ten years ago, but now I understand more about it. My ability to distinguish reality from desire has grown. I have matured greatly in the space of ten years, my views have changed from when I was 11, and I also fully grasp that people cannot live forever. None of this, however, meant that my grief was any different. In both instances, I spent a period of time in denial. Both times I also felt an overwhelming sense of guilt that convinced me that I was not deserving of loving and missing those whom I mourned. I distanced myself from facts and truths, and I deliberately stifled my own feelings to some extent when dealing with both losses.

Despite all that I know now, I can still understand how impossible it may seem to mourn someone. There is no right way to mourn. I can see that it is a form of emotional self-harm when you begin to tell yourself that you are undeserving of the feelings of loss and grief. Sometimes in the midst of the emotional turmoil that losing someone may cause, the immediate reaction is not as composed, or as rational, as someone not experiencing the same feelings of loss may feel.

Though I was very quiet while mourning my Nonna, I made the decision to get in contact with a counsellor over the emotions I was experiencing after my friend's passing. In my session, I talked about how I was struggling to cope, and while it didn't stop the tears or the sorrow that I was feeling, it assured me that I had taken a step further in my acceptance and mourning. I got over the grief of my Nonna's passing years ago, but that does not mean to say that I don't care. I still think about my Nonna, wondering what it would've been like to grow up with her and develop an even closer bond with her. The pain of losing my friend, however, is still fresh.

"Mourning is an important part of letting go"

I do not have all the answers as to how to deal with the feelings associated with grief, but I will say that no matter how long it may take for each individual, mourning is an important part of letting go. While it's an ongoing process for me right now, I know I will regret it if I don't allow myself the chance to properly mourn the friend I have lost. Do I wish that these two incredibly important people were still in my life? With every bone in my body, yes! Do I wish I could skip mourning them? Not at all. If I never mourned for them — no matter how distressing — I would not be able to look back and remember them as fondly as I do now and smile at what we had shared, instead of how much pain their deaths caused.

Before the End

Words by Ashleigh Dyer

Illustration by Tenneill Pearl

Sweet whispers in the night
Your breath against my ear
I turn to you and your arms surround me
Lips brush lips
And our souls touch
For that moment we are one

Consumed we connect
Blind to all around us
Our love is fuelled by passion
Stolen kisses and futures promised

But passion fades
Eyes wander
Misgivings form
Trust crumbles

Loving embrace turns to ash
The fire that sustained us burns out
I step back
You turn away
The clock strikes twelve
Our love has ended

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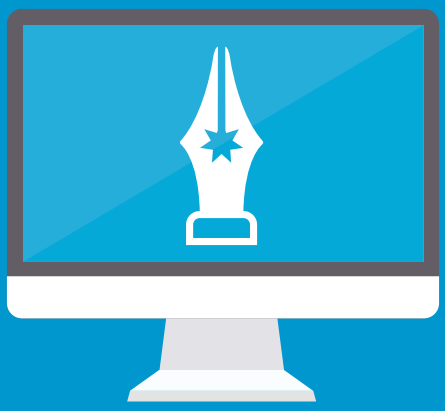

www.fedpressonline.com

The Antisocialist's Entrance into University Society

by Rochelle Jardine

You're standing outside your classroom. It's your first class of the year at your brand new university. As expected, you're a little nervous. Okay, a *lot* nervous. But it's okay. You've done this before — at least twice, in fact — or perhaps primary school doesn't really count? Still, you have to remind yourself: it's all okay. *Breathe in, breathe out, breathe in, breathe out...*

Around you, everyone is a crescendo of noise. Students group together, chatting away as if they're already well acquainted, and your mind buzzes with anxious questions. *When did that happen? Did they all meet before? Am I the only odd one out?*

You're surrounded by so many people, but never have you felt more awkward or alone. You're *definitely* the odd one out.

Over in the corner you spy a girl. Like you, she is standing alone. Her gaze is fixed to the floor. *Perhaps she is just as lost as you?* If you talk to her you both might find unity in isolation and maybe even a friend?

But your nerves hold you back. *Perhaps approaching her would simply annoy her? Perhaps she wanted to be alone?* Again, your mind is churning with questions as the weight of your own doubt crushes you.

Then, suddenly, the girl looks up. With a burst of panic, you realise you've been caught. You want to look away, but the voice of reason in the back of your head convinces you otherwise. So, instead, you do the only other thing you can think of... You smile — or grimace awkwardly — in her direction. A gesture she returns with a fleeting upturn of her lips. It's a mandatory gesture of greeting, but still, it's a good sign. The brief smile spikes your confidence a little, and so you take a deep breath and approach, ignoring the hammering in your chest.

She watches you draw closer, glancing between you and the small space on the floor not occupied by legs.

"Hi," you try casually, sounding far steadier than you feel. You follow up with an introduction.

The girl smiles again in return. "Hi," she says.

Awkward silence, of course, ensues. Your brain stalls as you desperately think of a follow-up question.

"So, what are you studying?" You eventually blurt. Okay, that came out fine. It was a reasonable question, nothing weird or socially unacceptable. You inwardly praise yourself.

"Psychology," she responds. "You?"

You tell her.

"Oh cool," she says, "I have a friend who's doing that. Maybe you'll share some classes with him."

"Maybe," you nod. "So are you from around here or..."

"Yeah, I am."

The conversation seems to be flowing more naturally now. You breathe a little easier with the realisation, and your heart stops trying to leap from the confines of your ribcage.

You're doing it. You're making friends — well, *a* friend. Maybe this isn't as hard as you first thought.

Encouraged, you open your mouth again, ready to ask whatever question first pops into your mind, but not before the door swings open and a wiry looking, middle-aged man steps through.

He scans the crowd, dark brows joining in a bushy frown, before swiftly disappearing back into the room, leaving the doors open.

The crowd immediately starts jostling and pushing around you, heading slowly towards the now open entrance.

You turn back to your potential new friend, eyebrows raised.

"Ready?" you ask, unsure to whom the question was truly directed.

"Ready."

And there was your answer.

You hastily join the crowd in their shuffle, now confident that you're starting your very first university class at least a little less scared than you were five minutes ago.

So far, so good...

Right?

Uni Survival Tips from *Movies!*

by Zach Mullane

THE MARTIAN

The Martian is Ridley Scott's 1,000,000th movie and features an amazing cast. Seriously, it's so good. Matt Damon plays an astronaut who is left stranded on Mars after his crew believes him to be dead. In order to survive all alone he must "science the shit" out of everything while listening to disco music.

Uni survival tip:
Sometimes it might feel like you're alone and against overwhelming odds. However, just like NASA in this film, there are plenty of people and services at the university that can help you out. You just have to contact them.

GRAVITY

Gravity stars Sandra Bullock as a scientist on her first spacewalk and George Clooney as George Clooney in space. Although it's very heavy on symbolism, the visuals and sound are absolutely amazing. You'll be on the edge of your seat for the entire thing. Well, at least I was. I'm terrified of space, so maybe you guys won't be, but it is very intense.

Uni survival tip:
Deadlines can come up on you as quick as a storm of deadly shrapnel. Make sure you know when they're coming so you can be prepared.

THE GREY

What more do you need to know about this movie than it being about Liam Neeson punching wolves? I mean, that's pretty much the perfect movie premise right there.

Uni survival tip:
Face your problems head on. If you try to run away they will catch up like a pack of wolves. So stand up and punch your way through them, metaphorically of course.

127 HOURS

127 Hours is the true story of a man called Aron Ralston who had to cut off his own arm after getting trapped in a cavern for... you guessed it, 127 hours. It stars James Franco — who is actually really good in the role. It's a pretty fun movie for something so horrific, but it is definitely not for those who have a weak stomach. 'That' scene is incredibly detailed and drawn out. You can almost feel his pain, so kudos to the director, Danny Boyle.

Uni survival tip:
Umm... don't cut your arm off. But always bring enough supplies, whether that's for biking in the desert, or your exam. Don't be caught unprepared.

#StudyOrNetflix: A Survival Guide

by Dakota Richards

Have you found, whether commencing or returning to university, that you can't break the cycle of inefficient time management? You know that you have necessary study, but you'd much rather binge-watch the latest episode of *Jessica Jones* on Netflix. Never fear young Padawan, for I have created the ultimate survival guide to ensure that you can divide your time between studying, and satisfying those Netflix needs.

Use Netflix as Your Motivator

Having to finish a 20 page reading, take notes for tutorials, or start that dreaded 2000 word essay when you would much rather dedicate your time to Netflix is tough, no doubt. In turn, you could turn Netflix into a motivator to fuel your study. For example, for every reading, tutorial sheet of questions, or 500 words of writing, you can watch an episode of your favourite show on Netflix. By using a marker similar to this, you won't lose track.

Choose Your Setting

Curb that temptation to binge-watch Netflix by moving your study place from inside to outside (and vice versa). It's summer and with the temperature beginning to rise, there are no excuses!

Block Out Distractions

If you feel like you wouldn't be able to maintain a healthy Netflix intake/outtake sufficient enough to incorporate time for study, there are programs created that you can use to block it. An example of this is Freedom, a Windows-based program that you can use to actively block any site you wish to for up to eight hours. Extensions like Block Site work by letting you set a timer or choose days of the week that you wish to block certain websites. Trying to access them whilst an extension is active results in being redirected.

Leave it to Chance

If all else fails, you can incorporate the idea of *#StudyOrNetflix* with your beloved pet. Originally, this idea stemmed from Netflix using their resident rodent, Professor Fuzzlepants, as an assistant to U.S. university students who felt they were too indecisive to choose between study or Netflix themselves leading up to Finals. This in turn, lead to Fuzzlepants being placed in a box labelled 'Study' or 'Netflix' and he made the decision for you via a live stream.

Term One
Survival Playlist

by Scarlette Baum

Whether you're a first year or a veteran, navigating the first term of the uni year can be rough. Here are some (trashy) tunes to get you through O Week, those first assignments, and probable I-regret-everything Thursdays.

Songs for when you've written 1 of 3000 words:

'Body High' by Kailo

'Started From The Bottom' by Drake

Songs for when everything's just a bit overwhelming:

'Keep Your Head Up' by Andy Grammer

'Bad Day' by Daniel Powter

Songs for when you have assignments due on uni night:

'Work Hard, Play Hard' by Wiz Khalifa

'Doing It' by Charli XCX ft. Rita Ora

Songs for when you're not feeling so fresh:

'Stronger' by Britney Spears

'Flawless' by Beyoncé

'Confident' by Demi Lovato

'Love Myself' by Hailee Steinfeld

Songs for when you're 50% through any given task but 100% 'done' with it:

'Livin' On A Prayer' by Bon Jovi

'Go The Distance' from Disney's *Hercules* soundtrack

Songs for when you need to take a breather:

'10,000 Emerald Pools' by BØRNS

'Oh Sailor' by Mr Little Jeans

Songs for getting down to business — whatever that may be:

'Work' by Iggy Azalea

'Business Time' by Flight of the Conchords

'I'll Make A Man Out Of You' from Disney's *Mulan* soundtrack

Songs for getting through O Week celebrations:

'Turn Down For What' by DJ Snake ft. Lil Jon

'Tubthumping' by Chumbawumba

Songs for saying 'Bye Felicia' to your group assessment members:

'Bye Bye Bye' by *NSYNC

'Leave (Get Out)' by JoJo

'Drag Me Down' by One Direction

Songs for when it's 4am and you still can't sleep:

'Weightless' by Marconi Union

'Memo' by Years & Years

'Menswear' by The 1975

Songs for when you think you've taken on too much:

'Whatever It Takes' from the *Degrassi: the Next Generation* soundtrack

'The Middle' by Jimmy Eat World

'3005' by Childish Gambino

Songs to get you amped:

'Space Jam' by Quad City DJ's

'Stronger' by Kanye West

'All Star' by Smash Mouth

FED UNI STONE CUTTERS SOCIETY PRESENTS

THE RETURN OF THE

BEACH PARTY

FEATURING:

LUCILLE CROFT

KICK OFF: 8PM

WHERE: BUSES LEAVE THE UNI FLAG POLE @8PM

ELEMENT NIGHTCLUB | MINERS TAVERN!
REFER TO FACEBOOK FOR LOCATION MAP

8 DJs + 1 LIVE BAND.

WED 9TH MARCH

THE BIGGEST SAND DANCEFLOOR EVER CREATED FOR A UNI EVENT! +

BALLARATS BEST BEER GARDEN +

4 SEPARATE AREAS OF ENTERTAINMENT!

DRESS CODE: THONGS, SINGLETS, BIKINIS, SINGLETS & ANYTHING BEACH!!!

BBQ DINNER AVAILABLE.

WEEK 2

FED UNI STONE CUTTERS SOCIETY PROMOTES RESPONSIBLE PARTYING. DRINK SAFE, BE SAFE.