Welcome to Country

“Quai bidja, jumna tpaialla janwai – Come here we speak together.”

On behalf of the Darug people, I welcome you to this Country of the Wattamattagal clan of the Darug Aboriginal Nation. I pay my respects to the local Aboriginal Elders past and present and to the ancestors of the Land, the knowledge and the culture. We welcome people from all nations and faiths.

We further honour and pay respects to the ancestors and spirits of this land and ask that all members of the Macquarie community are granted the capacity to wingara – to think, to learn and to walk safely upon this pemul (this land).

We celebrate with you our ongoing attachment to and custodianship of this Country. Help us to respect the Aboriginal history and to protect the fragile environment.

Aunty Julie Janson of the Burruberongal clan of the Darug Nation
HAWKESBURY RIVER PEOPLE

WHAT IS THE WELCOME TO COUNTRY?

Macquarie’s Welcome to Country welcomes all people of the University to the local land belonging to the Wattamattagal people of the Darug Nation, whose culture and customs have nurtured, and continue to nurture, this land.

It communicates the cultural significance of our people, campus and surrounding areas. It is extremely important to us to acknowledge, respect and celebrate the history of our people and our land.

To hear our Welcome to Country spoken by local Darug Elder, Aunty Julie Janson, search ‘MQ Welcome to Country’ on YouTube.
Welcome to 2020

To our new students – welcome to Macquarie University. You’re now an official member of our community.

And to our returning students – it’s great to see you back.

Your university years are the time to learn, to start building your career and to map out your future success – academic, personal and professional. But it’s also a time to have fun, make friends for life and get involved in our community. Make the most of your time here at Macquarie.

This diary will help keep you on track with your studies and also guide you to our support services and systems. You’re important to us and we want you to succeed, so don’t be afraid to ask for help and advice along the way.

Here’s to a rewarding 2020.

(you)™ got this!

Contents
GET STARTED
GET UNI-READY
GET HELP
YOUR CALENDAR
Are you MQ2020 ready?

BEFORE WE START ... Have you enrolled in your units (subjects) for 2020?
If you haven’t enrolled yet, log in to eStudent and enrol now at mq.edu.au/eStudent

NEW STUDENTS

WI-FI
Have you accessed iLearn, our wi-fi network and your student email?

NO
YES

GO TO PAGE 3
NEXT STEP

Have you collected your campus card?

NO
YES

GO TO PAGE 3
NEXT STEP

Have you planned your travel to uni?

NO
YES

GO TO PAGE 7
NEXT STEP

Do you know the best ways to meet new people at Macquarie?

NO
YES

GO TO PAGE 10
GO TO ALL STUDENTS

ALL STUDENTS

Do you need to order any textbooks or materials for your units?

NO
YES

NEXT STEP
GO TO PAGE 15

Have you checked out our free study skills resources for help with studying, writing, referencing, maths and more ... ?

NO
YES

GO TO PAGE 16
NEXT STEP

Is your 2020 study schedule organised?

NO
YES

GO TO PAGE 20
NEXT STEP

Have you started thinking about where you want to be after you graduate? It’s never too early to start thinking about these things.

NO
YES

GO TO PAGE 27
NEXT STEP

Do you know the key dates in the academic calendar (first day of session, last day of session, exam period etc)?

NO
YES

GO TO PAGE 29
YOU’RE READY FOR STUDY!

NEED HELP? CHAT TO STUDENT CONNECT:
• Ask a question online at ask.mq.edu.au
• Visit them on Level 2, MUSE, 18 Wally’s Walk
• Call them on (02) 9850 6410

FOLLOW US ON
• @Macquarie University Campus
• @macquarieuni
• @macquarie_uni

YOU'RE READY FOR STUDY!
Get started

CONTENTS
ADMIN AND TECH ESSENTIALS
YOUR MQ2020 DEGREE
TRAVELLING TO MACQUARIE
YOUR SAFETY
YOU AT MACQUARIE
GET CONNECTED
EXTRA TIPS FOR NEW INTERNATIONAL STUDENTS
TOP 10 PLACES TO VISIT IN NSW
Top 5 tips for starting a new study session

**TIP 1: ASK FOR HELP**

Go to Student Connect and ask for help. Ask early; don’t be shy. Ask anything about your learning life, even if it feels like a silly question. The Student Connect team are waiting for you to ask. Like their name suggests, they will connect you to our services and support systems.

- Ask online at [ask.mq.edu.au](http://ask.mq.edu.au)
- Ask face to face at Level 2, MUSE, 18 Wally’s Walk
- Ask over the phone on (02) 9850 6410

**TIP 2: DEVELOP A GOOD STUDY ROUTINE**

Plan your time wisely. Start studying and preparing assignments as soon as possible – you won’t regret it. You’ll be amazed at what you can achieve with a little planning. Use this diary to organise yourself and to work towards your 2020 study goals.

**TIP 3: GET PRACTICAL EXPERIENCE AND GET INVOLVED**

Embrace every experience as part of your learning, as uni is not just about getting a degree. Make the most of your time by seeking out opportunities to get involved, whether that’s volunteering, interning or running events for a club or society.

**TIP 4: USE OUR FREE SUPPORT SERVICES**

Our student services are designed to support YOU and help you succeed. We have supports for your academic study as well as your personal life. Use them. We’ve listed some of them in this diary for you as a handy reference. Don’t forget – if you need help or support and don’t know where to start, contact Student Connect.

**TIP 5: AIM FOR BALANCE**

Look after yourself. Work, study, friends and taking time out are all important for your health, wellbeing and success. Make sure you set aside time in your schedule to find some balance.

Find more tips at [mq.edu.au/study/your-first-six-weeks](http://mq.edu.au/study/your-first-six-weeks)
Admin and tech essentials

YOUR CAMPUS CARD
After you have enrolled, you can get your campus card. The card is your ID while you’re on campus and gives you access to the Library, to print and copy facilities, and to campus buildings.

Beat the queue and order your campus card online mq.edu.au/campus-card

STUDENT EMAIL
Don’t miss out on important information. We communicate with you via your Macquarie student email address so be sure to set it up and check it regularly. Your student email is powered by Gmail.com

Your email address is: OneID@students.mq.edu.au OR firstname.lastname@students.mq.edu.au

eSTUDENT
You can update your personal information and contact details, enrol and withdraw from units, register for classes, view exam results and pay some fees in eStudent.

mq.edu.au/eStudent

Wi-Fi Access
Wi-Fi is free on campus. Connect to ‘Macquarie OneNet’ using your OneID and password on any mobile device or laptop.

iLEARN
This is your online learning centre where you can regularly view important details and resources for your units, such as your unit guide, lecture slides, recordings and readings. It’s here you’ll also complete quizzes, submit assessments, and communicate with students and academics ... it’s all in iLearn.

If you need help using iLearn, go to the Library and get a digital tour of the system.

mq.edu.au/ilearn

APPSTREAM
Appstream gives you instant access to applications such as EndNote, Adobe Acrobat Reader DC and much more, so you can work anywhere and anytime.

mq.okta.com

IT Service Desk
The IT Service Desk can assist with issues ranging from network access to computer problems.

T: (02) 9850 4357
E: help@mq.edu.au
Visit them, Room 244, 17 Wally’s Walk
Lodge a ticket using mq.service-now.com
Your MQ2020 degree

Your future success is important to us, so in 2020 we’re launching our redesigned degrees to offer you the best academic experience, courses and units.

GENERALIST AND SPECIALIST DEGREES
We grouped our degrees into two categories:

1. Generalist degrees – such as the Bachelor of Arts, the Bachelor of Commerce and the Bachelor of Social Science – provide more flexibility in the units you can choose, which means you can tailor your studies to your career path.

2. Specialist degrees – such as the Bachelor of Engineering and the Bachelor of Laws – are usually professionally accredited and have a more structured list of units to complete.

CORE AND FLEXIBLE ZONES
Our new degrees include core and flexible zones.

Core zone = A set group of units that make up the foundation learning in your degree. Generally speaking, these are compulsory units you must complete.

Flexible zone = A group of units within your degree that you have freedom to choose. In some degrees, you can choose from an approved list of units, whereas in other degrees, you can choose any unit.

OUR DEGREE STRUCTURES
KNOW WHAT TO STUDY
You need to make sure you study the right units, so you can graduate from your degree (and minimise your student fees).

NEED HELP?
If you need help or advice with figuring out what to study or want to make sure you’re on track with your degree, then it’s best to talk to the experts. Don’t wait; we have so many resources you can tap into and people who can help you.

ONLINE RESOURCES
Your study plan is the first place to start.
If you’re new in 2020, follow the study plan in our online handbook (coursehandbook.mq.edu.au), and if you studied with us in 2019, check your student email for a copy of your personalised study plan.
You can also check AskMQ (ask.mq.edu.au). There are lots of resources in there to help keep you on track.

CONTACT STUDENT CONNECT
They can help you find the right people to chat to about your studies or learning life at Macquarie.
• Ask them a question online at ask.mq.edu.au
• Visit them on Level 2, MUSE, 18 Wally’s Walk
• Call them on (02) 9850 6410

CONTACT A FACULTY ADVISER
Your faculty adviser has specialist detailed knowledge about the requirements of your course and can:
• help you understand the requirements, rules and structure of your course
• give advice about choosing units within your course, particularly if your course is transitioning to a new structure
• check your academic progress (including if you’re on track to graduate)
Visit students.mq.edu.au/academic-advisers to find out how to contact your faculty academic adviser.

TOP 3 TIPS FOR CHOOSING UNITS FOR YOUR FLEXIBLE ZONE

**TIP 1:** CHOOSE SOMETHING THAT INTERESTS YOU.
You’ll do better if you’re interested in what you’re learning.

**TIP 2:** CHOOSE SOMETHING RELATED TO YOUR STUDIES.
Increasing your knowledge in a related area can increase your employability.

**TIP 3:** CHOOSE SOMETHING COMPLEMENTARY TO YOUR STUDIES.
For example, if you’re studying IT, choose some communication units to give you complementary skills.

HOW TO CHANGE COURSES
Changed your mind about what you want to study? We have a free course transfer process that you can use to apply to study a different Macquarie undergraduate degree.

If you’re thinking of changing courses, it’s best to get some advice before you submit the course transfer application.

1. Check out the course transfer application process online first to make sure you’re eligible and take note of the applications dates.
   mq.edu.au/course-transfer

2. Chat to Student Connect to get some advice about the process.
   • Ask them a question online at ask.mq.edu.au
   • Visit them at Level 2, MUSE, 18 Wally’s Walk
   • Call them on (02) 9850 6410

3. Chat to the Career and Employment Service. They can help you look at courses that take your career in the right direction.
   • Check out their online resources at mq.edu.au/careers
   • Email them at careers@mq.edu.au
   • Call them on (02) 9850 7372
   • Visit them on Level 3, MAZE, 18 Wally’s Walk
Domestic postgraduate students wanting to change degrees need to re-apply via uac.edu.au
International postgraduate students wanting to change degrees can re-apply via mq.edu.au/study/admissions/how-to-apply
NEED TO TAKE A BREAK FROM STUDY?
Life happens and sometimes a break from studies is necessary. If you need, or want, to take a break from your studies, drop into Student Connect or your Faculty Student Centre to manage your enrolment.

WANT MORE STUDY?
If postgraduate study is what you’re after, plan the next step in your career at mq.edu.au/study/postgraduate

Did you know Macquarie offers master degrees that you can complete in one year?
Or you might be interested in a double degree.

DOUBLE DEGREES
In 2020, we have expanded our double degree combinations. Our double degrees allow you to study two degrees at the same time, but in less time than it would take you to study them separately. When you finish, you graduate with two separate degrees.

WHY STUDY A DOUBLE DEGREE?
• To double your expertise and expand your career options
• To fast-track your learning and increase your employability
• By the time you graduate from both degrees, you’ll have twice the knowledge and skill

HOW DOES IT WORK?
Essentially, the core units in each degree count for any flexible zone units you would need to complete if you were studying these degrees separately.

This saves you effort, time and money!
You could study two bachelor degrees, a bachelor and a master degree, or even two master degrees at the same time.

Our MQ2020 degrees offer more opportunity to design and follow your own academic and professional path.

For more information about double degrees, visit mq.edu.au/study/find-a-course/double-degrees
Travelling to Macquarie

PUBLIC TRANSPORT
Buses from all over Sydney stop on campus and in nearby streets. We also have our own train station, Macquarie University Metro Station.

You’ll need an Opal card to travel, otherwise you can use other methods of contactless payments, such as a debit or credit card, or mobile wallet.

Find out more about buses and trains that get you to campus and how to get an Opal card at transportnsw.info

TRAVEL CONCESSION
NEW STUDENTS
If you’re enrolled as a full-time student at Macquarie, or you’re registered with Student Wellbeing for accessibility support, you may be eligible for cheaper travel on public transport.

students.mq.edu.au/transport-concession

RETURNING STUDENTS
You need to submit a new declaration each year for your concession Opal card to remain active. You can submit your declaration form at ask.mq.edu.au

INTERNATIONAL STUDENTS
Only international students whose study is fully funded by specified Australian Government scholarships are eligible for travel concessions.

PARKING
We have more than 4500 parking spaces on-campus, including accessible spaces. There are two ways to pay for ticketless parking:

- Pay as you go (PAYG)
- Virtual permit (vPermit)

Find more details, including costs, at mq.edu.au/parking

CARPOOLING
Carpooling or ride-sharing is available and Macquarie is also part of the Cohop Rideshare Program for Macquarie Park.

BIKES AND WALKING
If cycling is more your style, we have multiple BikeHubs and bike racks where you can securely park your bicycle. Find the facilities and best routes for getting around at mq.edu.au/maps

ON-DEMAND TRANSPORT
Keoride is an on-demand transport service to and from the Macquarie Park area operating during peak hours, Monday to Friday. It is available as part of the NSW Government trial of flexible public transport. You can book up to 30 minutes before a trip via the app, keoride.com.au or by phone 1800 KEORIDE (1800 536 7433)

Transport NSW Opal card

PHOTO: TRANSPORTNSW

Find out how to get to Macquarie
mq.edu.au/transport
Your safety

We have a team of security professionals on campus at all times. They offer the following services to keep students and staff safe on and around the campus.

**EMERGENCY HELP POINTS**

There are 22 emergency help points (blue poles) around campus. You can use these to talk to the Security Control Centre at any time of the day or night. Use these help points when you feel that you (or someone else) are in danger, are unwell, or in a critical situation where immediate help is needed from Campus Security.

**FREE SHUTTLE BUS**

During study session, there are free shuttle services from Monday to Friday, 4pm – 12:30am. The shuttle runs between campus buildings, the train station and student accommodation.

**STAY SAFE \ ON NIGHTS OUT**

- Make sure you have enough money for food, water and a taxi or public transport home
- Make sure you carry identification, such as your driver’s licence, proof of age card or passport
- Keep your mobile phone with you. Make sure it’s charged and has credit
- Let people at home know what time to expect you back. If you decide to leave unexpectedly or are meeting someone new, let your friends know
- Don’t leave your drink unattended
- Remember that possession of illegal drugs may lead to a criminal record

**LOST AND FOUND**

Campus Security manage lost and found items on campus. Report lost or found property by calling Campus Security on (02) 9850 7105 or visiting them on Level 2, Library, 16 Macquarie Walk.

**IN AN EMERGENCY**

Contact Campus Security via an emergency help point or by calling (02) 9850 9999.

Campus Security will call and direct NSW Police, Fire or Ambulance (000).

**AFTER HOURS SECURITY SUPPORT**

You can make a request for Campus Security to walk you from any location on campus to the train station, campus bus stops, the surrounding car park areas or any of our accommodation areas. The service operates every day of the year, from dark until daylight. Call (02) 9850 7112 to ask Campus Security to walk with you on campus after hours.

**REGISTER FOR SECURITY ALERTS**

Register your personal email and mobile number with Campus Security. In the event of an emergency on campus you’ll receive an alert. Register at alerts.mq.edu.au

**FREE SHUTTLE BUS**

During study session, there are free shuttle services from Monday to Friday, 4pm – 12:30am. The shuttle runs between campus buildings, the train station and student accommodation.

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- Remember that possession of illegal drugs may lead to a criminal record

**IN AN EMERGENCY**

Contact Campus Security via an emergency help point or by calling (02) 9850 9999.

Campus Security will call and direct NSW Police, Fire or Ambulance (000).

Find more information on Campus Security

mq.edu.au/about/campus-services-and-facilities/security
You at Macquarie

Our community is built on belonging, connectedness, inclusion and respect for each other’s differences. We’ve designed some resources to help you learn about our community.

**Student Code of Conduct**
Learn about your rights and responsibilities at Macquarie at students.mq.edu.au/student-conduct

**Academic Integrity**
Make sure you’re ethical, honest and responsible in your studies. Complete the Academic Integrity Module (AIM) at mq.edu.au/ilearn

**Consent Matters**
Build healthy relationships and respect others within the community. The Consent Matters learning module needs to be completed by the end of your first session. Find this learning module at mq.edu.au/ilearn

**RESPECT. NOW. ALWAYS. AT MACQUARIE**
All students are expected to treat others with respect. Abuse, harassment and bullying are not acceptable, whether face-to-face or online.

Unwanted touching, demeaning or abusive comments and threatening behaviour - whether it’s from a stranger or someone you know - are harassment.

Only have sex if you’re confident the other person has consented. They cannot consent if they are too drunk to respond. Sex without consent is assault.

If you need to talk to someone about harassment or sexual assault, you can seek confidential support from Student Wellbeing on (02) 9850 7497 or 1800 227 367 (24/7). You can also make an anonymous report online at mq.edu.au/wellbeing. Making a report will not affect your study, or visa, and you can also report anytime to the New South Wales Police.

**Care and support**

**ON CAMPUS**
- For urgent assistance, call Campus Security on (02) 9850 9999
- For free and confidential support, contact Student Wellbeing on (02) 9850 7497 or 1800 CARE MQ (1800 227 367)

**OFF CAMPUS**
- For urgent assistance, call Emergency Services on 000
- FOR CONFIDENTIAL SUPPORT, CONTACT:
  - NSW Rape Crisis on 1800 424 017
  - 1800 Respect on 1800 737 732
  - Mensline on 1300 789 978
  - Q Life LGBTIQA+ support on 1800 184 527
Get connected

At Macquarie, there are many ways to connect with people like you, try new things, help others within your community and develop valuable skills.

MACQUARIE UNIVERSITY MENTORS

Whether you have just finished high school/TAFE, have travelled from overseas or haven’t studied in a while, we know that starting at Macquarie can be a big step. Mentors are current students who can answer your questions about starting uni and guide you through your first session at Macquarie.

mq.edu.au/mentors

Current students interested in becoming a mentor can also read more about the program and register their interest.

MACQUARIE BUDDIES

Macquarie Buddies offer social support for new students to help them transition to the local environment. During orientation, Buddies run tours around Sydney, speed friendship sessions and cultural events to help you adjust to life in Sydney, Australia.

mq.edu.au/buddies

Current students interested in becoming a buddy can also read more about the program and register their interest.

STRIKE UP A CONVERSATION...

Connect with people the old-fashioned way by striking up a conversation. You already have something in common – you’re all studying at Macquarie! Use that as a conversation starter, or try:

• Do you know if there’s any free food on campus today?
• Where’s the best coffee around here?
• Do you know when our next assignment is due? (Best to ask this of someone in the same class as you ... not just a random person)
• How hot is it today?
• Are you liking this unit?

STUDENT GROUPS

There are more than 130 student groups, clubs and societies on campus that are run for and by our students. These groups focus on different connections and interests, from culture, politics, religion, study-specific, food and pop culture. Join a student group at the stalls during O Week or sign-up online to meet people with similar interests.

students.mq.edu.au/student-groups

MAKE THE MOST OF ORIENTATION

The best way to be ready to start your studies is to attend Orientation. Orientation Week (or O Week) runs the week before session commences. It’s a series of activities and information sessions designed to make sure you’re prepared to get off to a great start at Macquarie – academically, personally, socially and professionally.

WHAT HAPPENS AT O WEEK

• Get important information about your degree and how it will be taught
• Meet people – people from your course, people from your town/country, people you’ll be spending time with over the next few years
• Join student groups, clubs or societies
• Find out about the many services we have to support your studies
• Make the most of free food and fun activities
• Discover where your classrooms are located so you’re ready for the start of session
• Register for accessibility support, if you have a disability or medical condition

While O Week is designed for new students, anyone is welcome to attend activities, and it’s a great way for returning students to ease back into uni life.

To make the most of O Week, find out more at mq.edu.au/orientation
Extra tips for new international students

It’s great to have you with us at Macquarie. Use this checklist to help you settle in to your new home.

- **BUY HOUSEHOLD ITEMS AND GROCERIES**

Macquarie Centre shopping complex is located next to our campus. If you’re looking to buy groceries, the two most popular supermarkets in Sydney are Coles and Woolworths. If you’re looking to buy household items and appliances, check out Big W, Target or Kmart, which are discount department stores.

macquariecentre.com.au

- **OPEN AN AUSTRALIAN BANK ACCOUNT**

Opening an Australian bank account is the easiest and most affordable way to access money while you’re here. You can use finder.com.au to search and compare the best student accounts.

- **ORGANISE YOUR OVERSEAS STUDENT HEALTH COVER (OSHC)**

Medical treatment in Australia may be expensive, and if you have an accident or get sick, insurance will cover many of your expenses. Allianz is Macquarie’s preferred provider. OSHC is a mandatory requirement of your student visa, and the policy must cover the full length of your visa duration.

mq.edu.au/oshc

- **SET UP YOUR MOBILE PHONE**

Purchase a SIM card from any supermarket, activate your mobile phone and obtain a contact number. You have two options: a prepaid plan or a postpaid plan. On a prepaid plan, you pay in advance for your mobile phone and purchase phone credit to make calls and send messages. A postpaid plan is a long-term contract (typically 12 or 24 months), where you agree to a minimum monthly amount. You can purchase a postpaid plan by signing a contract at a mobile retailer.

- **ORGANISE YOUR ACCOMMODATION**

Our Accommodation Service can help you find accommodation either on or off campus. Whether you want to live by yourself or in shared accommodation, our Accommodation Service has access to a range of living arrangements.

mq.edu.au/accommodation

- **ACCESS MY LEGAL MATE**

Macquarie offers free legal information about issues you may come across while studying in Australia. You can access this legal information via My Legal Mate – a multilingual app. The app provides information on employment, housing, disputes and sexual assault. It offers practical solutions in several languages – English, Mandarin, Hindi, Korean, Portuguese, Thai and Vietnamese.

Register for free access at students.mq.edu.au/my-legal-mate
Top 10 places to visit in NSW

VISIT SYDNEY.COM FOR MORE IDEAS
EXPLORE OUT OF SYDNEY

01 SYDNEY MUSEUM CRAWL

02 VISIT SYDNEY BEACHES
Take the Bondi to Coogee beach walk, scuba-dive at Clovelly beach, visit Gordons Bay or the popular Bondi beach. Catch a ferry from Circular Quay to Manly beach for a leisurely stroll around the beachside cafés.

03 EXPERIENCE MULTICULTURAL SYDNEY
Sydney is home to a large and varied population. The city’s Chinese community is particularly vibrant, with the ever-bustling Chinatown a great spot for cultural events and markets throughout the year. A wide range of multicultural eateries, cultural events and annual festivals are held in Sydney to celebrate the cultures of Korea, Japan, India, Europe, the Middle East, Malaysia and more.

04 ANNUAL FESTIVALS
Visit Sydney Festival, Vivid Sydney, the Sydney Gay and Lesbian Mardi Gras, the Sydney Royal Easter Show and Sculpture by the Sea.

05 FERRYTHON
For something different, do your own ferrython on Sydney Harbour. Travel by ferry between Circular Quay, Cockatoo Island, Darling Harbour, Watsons Bay, Manly and more to see Sydney from the water.

06 BLUE MOUNTAINS
There’s so much to do in the Blue Mountains from bushwalking along hiking trails, to chasing waterfalls, abseiling down cliffs, exploring the storied Three Sisters sandstone rock formation and much more.

07 NEWCASTLE
Newcastle has some of Australia’s most pristine beaches and swimming holes. Check out the Newcastle Ocean Baths or the locals’ favourite – Bogey Hole – a rock pool built by convicts in 1819. To add to the amazing view, Newcastle has an eclectic arts scene and thriving café culture. To top it off, it’s home to many festivals and large events such as Surfest, the Newcastle 500 Supercars and the Jazz Festival. It’s only two hours’ drive or an easy train ride from Sydney.

08 CENTRAL COAST
Only an hour from Sydney and easily accessible by train, the Central Coast has something for everyone, from spectacular beaches and waterways to National Parks. It’s even a haven for adventure lovers with the TreeTops Adventure Park, horseriding, game fishing tours, skydiving and scuba diving.

09 WOLLONGONG
Just south of Sydney is beautiful Wollongong. Here you’ll find stunning beaches, the Science Space museum and the Nan Tien Temple – the largest Buddhist temple in the Southern Hemisphere.

10 CANBERRA
Australia’s capital city has numerous free museums and art galleries, cool bars and eateries, and fun student events. Take advantage of cheap coach tickets between Sydney and Canberra; it’s only a three-hour nap away.
Macquarie University has collaborated with UniSport Australia and Sport Australia to empower our staff and students to commit to 30 minutes of activity every day.

Let’s become the most active University in Australia

FOR MORE INFORMATION
E: macquarieunimoves@mq.edu.au

To get you started, our very own Macquarie UniMoves app is now available for download from the App Store or Google Play.
Get uni-ready

CONTENTS
PREPARE FOR STUDY
YOUR STUDY TOOLKIT
YOUR LIBRARY
YOUR MUSE BUILDING
TIME MANAGEMENT AND TIME BLINDNESS
YOUR WELLBEING DURING SESSION
EXAMS AND GRADUATION
Prepare for class checklist

THE DAY BEFORE YOUR FIRST CLASS
- Double check your enrolment and timetable at mq.edu.au/eStudent
- Download the campus map from mq.edu.au/maps and locate your classrooms
- Check out where the cafés and food outlets are located or pack your lunch
- Plan your trip. Get to know the public transport routes or where to park your car, if you’re driving
- Check out the ‘Macquarie Campus’ Facebook page to see what’s happening on campus

PACK YOUR BAG
- Notebook and pen and/or laptop (with charger)
- Headphones
- Water bottle/snacks/lunch
- Your campus card (if you got it during O Week)

ON YOUR FIRST DAY
- Arrive early and grab a coffee for an early morning pick-me-up
- Use the campus map to find your way around
- Go to class and take notes
- Say hello to the person next to you and try to meet new people
- Make an effort to get to know your lecturers and tutors
Prepare for study

READ YOUR UNIT GUIDE
The unit guide is the most important document you’ll need to read, and be familiar with, before you start the session. Your unit guide includes information about teaching staff, unit descriptions, learning outcomes, assessment tasks and due dates, required readings/textbooks, policies and procedures, and more.

Unit guides are available during O Week, in week 1 via iLearn or at unitguides.mq.edu.au

TIP: Keep on track
When you get your unit guides, put all your assessment due dates in the assessment planner on page 30 of this diary.

DO ANY REQUIRED READING
Often, you’ll have required reading prior to a class – in textbooks, or in materials available on iLearn. Access your unit guide to find out which textbooks you need and those that are optional.

And don’t forget; your textbook is probably in the Library, so it’s a good reason to head there early.

CHECK iLEARN REGULARLY
During the study session, make it a habit to check iLearn daily or at least every second day. Your lecturer or tutor will use iLearn to communicate important information and announcements to you. It’s also a good idea to download any relevant lecture materials from iLearn before coming to class.

mq.edu.au/ilearn

TYPES OF CLASSES
There are four different types of classes you’ll attend, with lectures and tutorials being the most typical.

1. LECTURES
Lectures involve listening to information and content from a lecturer in a large room with up to 500 students.

2. TUTORIALS
In tutorials, you discuss the content and information from the lecture. These classes usually have fewer students in them – up to 30 students.

3. SEMINARS
Seminars are a more interactive form of lecture.

4. PRACTICALS
Practicals are hands-on classes (like labs).

TIP:
Check your timetable as some faculties have different class types than the ones listed above.
Macquarie offers a range of free services to help you sharpen your study skills.

**LEARNING SKILLS UNIT**
Develop your academic skills and improve your writing, including how to reference and structure an assignment, with our Learning Skills team. Online study resources are available via iLearn. You can also drop in for an individual consultation or attend a workshop at the Library.

*mq.edu.au/learningskills*

**ACADEMIC INTEGRITY MODULE (AIM)**
The AIM via iLearn helps develop honesty in your academic writing and teaches you the key values of the Macquarie University Academic Integrity Policy. Enrol via iLearn and set aside about an hour to complete.

*mq.edu.au/ilearn*

**PEER ASSISTED LEARNING**
Peer Assisted Learning (PAL) and Peer Assisted Study Sessions (PASS) offer group revision on unit content and study skills. Sessions are led by students who have excelled in the course previously. Visit the website to see if PAL/PASS is available for your units.

*students.mq.edu.au/peer-assisted-learning*

**NUMERACY CENTRE**
The Numeracy Centre offers a free drop-in service, as well as weekly workshops and bridging programs to help sharpen your maths and number skills. You can also access some online numeracy programs via iLearn.

*students.mq.edu.au/numeracy-centre*

**WALANGA MURU TUTORIAL PROGRAM**
Walanga Muru offers study support to our Aboriginal and Torres Strait Islander students. They have dedicated staff members that help new students navigate their first year of study, with up to 20 hours available per student per unit, if you qualify for this program.

*students.mq.edu.au/support/indigenous-students*

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**TIP:**
All these services are **FREE**
Much more than a source of information, the Library is a great place to study, catch up with friends or group study partners, and grab a bite to eat.

Opening hours change throughout the year, so keep an eye on the website at mq.edu.au/library

Got an assignment due but don’t know where or how to start? Finding the right sources of information is one of the essential first steps. You can speak with a librarian at the Library InfoDesk, on the phone or via chat. They can help to find the most relevant resources for your assignments. The Library is also home to the Learning Skills Unit – the service that supports you to develop key academic and writing skills. It’s for everyone; whether you’ve just started your studies at Macquarie or have been here for a while. On campus, you can attend a workshop or drop by the Library to speak to an adviser about an assignment.

mq.edu.au/learningskills

We have an app – Search libMQ at your app store.

We have a robot called the ARC …

Our Library is home to the first automated book retrieval system in an Australian university library.

Use MultiSearch to find all your resources, including databases, ebooks and books in the ARC or on the shelf.

The Library is located at 16 Macquarie Walk or online at mq.edu.au/library
Your MUSE building

The Macquarie University Spatial Experience (MUSE) building is located at 18 Wally’s Walk. It’s a place to study, chill, chat, heat up your lunch, and visit some of our support services.

This building includes three levels for students – Level 1 Bassline, level 2 MUSE (entrance), and level 3 MAZE (Macquarie Active Zone Experience). This building is really all about you, so feel free to walk in and check it out.

Who are they?
SRC stands for Student Representative Committee. The official definition of SRC is ‘the University’s peak consultative body for undergraduate and postgraduate students’.

The SRC is a student-led, non-political committee. Current students dedicate their time to make things happen for all students at Macquarie.

What do they do?
The SRC represent you on University committees, have input into University policy, and get involved in on-campus events and activities. Chat to SRC members if you have ideas or need to raise issues affecting students at Macquarie. The SRC also provide grants and funding to support students.

Where can you find them?
SRC Headquarters:
Level 1, Bassline,
18 Wally’s Walk
E: src@mq.edu.au
mq.edu.au/src
Macquarie University SRC
mq_src
Student Representative Committee

PHOTO: JOANNE STEPHAN
Meet your student reps on the SRC (or become one yourself!)
Hit the vending machines
Heat up your lunch in the microwave
Fill up your water bottle
Book space to work on your group assignment
Find somewhere to live with the Accommodation Service
Charge your devices
Visit Queer Space
Get first aid
Visit the Women’s Room
Plan your career with the Career and Employment Service
Print/copy/scan/repeat
Buy some cool Macquarie gear at the MacShop
Pay some Macquarie bills at the cashier
Get help and advice at Student Wellbeing
Chat to the Accessibility team about support for your disability or medical condition
And if it all gets too much – take a nap. Bassline has sleep pods
Meet and hang out with friends in the cool spaces
Time management and time blindness

Good time management is essential for successful study and is key to balancing all the demands in your life. Once you start to manage your time effectively, you’ll notice a positive cycle of effects that helps you to work smarter, not harder.

Using this diary to manage your time is a good start.

Do you tend to …

☐ miss deadlines?
☐ arrive late or not at all?
☐ not follow through on what you intended or promised to do?
☐ lose track of where the time went?
☐ not plan for future events and deadlines?

If you ticked some of these boxes, you might be experiencing time blindness. This means you may have difficulty managing tasks and events further ahead in time, or despite the best intentions, leave things to the last minute.

Want more time management tips?

Attend a Learning Skills workshop or download useful resources via StudyWISE on iLearn.

mq.edu.au/ilearn

Use this diary as part of your strategy to overcome time blindness:

1. Schedule in your weekly activities and find time to complete specific tasks
2. Write down daily to-do lists and prioritise what needs to be done
3. Set monthly goals for different parts of your life – study, exercise, socialising, Netflix binging, etc

*Sample breakdowns from Wellbeing WISE, available on iLearn
Your wellbeing during session

Students can experience a roller-coaster of emotions during their studies that often looks like this:

- **At the start of the session**, you feel relatively OK, sometimes even excited.
- **As the demands of the session grow**, you may experience challenges and at times feel frustrated and confused.
- **When you begin working on assessments**, it’s quite common to feel self-doubt, anxiety, a lack of motivation or even depression, and begin to question your capabilities.
- **Once you have found the right support and strategies**, you begin to adjust and your self-belief, confidence and motivation returns.

This cycle tends to repeat itself throughout the session. The trick is to keep finding the support and strategies that allow you to adjust to the emotions that come with uni studies.

**Manage your stress like a boss**

1. Identify one thing related to your studies that you’re finding stressful to manage
2. Write it down in the middle of the page
3. Brainstorm positive actions to overcome the impact of this stress
4. Try things. Then reflect and adapt to find the strategies that work best for you
5. You might also benefit from sharing your ideas. Talk to your support network – a friend, a family member or our Student Wellbeing team
We are here to support you

How are you feeling?
Follow the lines to discover support services available to you.

Feeling overwhelmed and/or isolated?
Not understanding the content or question?
Not getting assignments done on time?
Just need help?

Contact Student Connect:
Ask them a question online at ask.mq.edu.au
Visit them on Level 2, MUSE, 18 Wally’s Walk
Call them on (02) 9850 6410

You may be eligible to apply for an extension if you experience a circumstance that is serious and unavoidable. You’ll need to follow the special consideration process.

students.mq.edu.au/special-consideration

Remember that it’s important to take time for yourself. You can try relaxation techniques or breathing exercises to reduce symptoms of stress. Go for a short walk or catch-up with a friend.

Surround yourself with supportive family members and friends, or speak to someone you trust about how you’re feeling.

Speak to your lecturer or tutor if you have questions about unit content or the academic expectations. You can find their contact details in the unit guide or iLearn. You can also speak to the Learning Skills Unit to discuss your assignment question or study issues.

1800 CARE MQ (1800 227 367)
We have a 24/7 after hours support line for all Macquarie students. 1800 CARE MQ connects you with information and provides referrals to services for:
- psychological health and counselling
- health and medical concerns, including emergency help
- security and safety
- transport
- accommodation

Visit them on Level 2, MUSE, 18 Wally’s Walk
Call them on (02) 9850 6410

1800 CARE MQ (1800 227 367)

UniWellbeing
Discover the links between thoughts, feelings and behaviour. Register for UniWellbeing today.

bit.ly/MQUniWellbeing

mq.edu.au/wellbeing

mq.edu.au/learningskills
What to do if you get sick?

REST AND GET BETTER
You don’t need to call and let anyone know if it’s just a day or two. Generally speaking, you don’t need a medical certificate if you’re sick and miss a lecture.

BUT if you miss a compulsory class, such as a practical lab or tutorial, you might need appropriate evidence. Your unit guide will tell you if you have any compulsory classes.

If you do need a medical certificate, you can get one from our on-campus GP Clinic or your local GP.

CATCHING UP ON WHAT YOU MISSED
If you have missed class, you can catch up by reviewing the lecture materials or content online, or ask one of your classmates to share their notes with you. If you miss more than a week, you should ask your lecturer or tutor for advice on how to get back on track.

SUPPORT
If you need support because you’re unwell, injured, or have a disability or condition, contact our Student Wellbeing team at mq.edu.au/wellbeing or (02) 9850 7497 or email wellbeing@mq.edu.au

IF YOU MISS AN ASSESSMENT OR EXAM
If your illness causes you to miss an in-class assessment or an exam, or you’re unable to hand in an assessment on time, you can apply for special consideration. You’ll need to provide evidence in your application.

It’s important to note there’s a deadline to submit your special consideration form.

Find out more about special consideration at students.mq.edu.au/special-consideration

To see one of our on-campus doctors, contact (02) 9812 3944 or make an appointment online at mqhealth.org.au/gp
Throughout the session, you’re required to complete assessments, which may include an assignment in the form of an essay or a report, an in-class quiz or participation, exams or a practical evaluation.

Most units have a final exam as part of your assessment. Exams are usually held during the final examination period at the end of each session. To learn more about exams, visit [students.mq.edu.au/exams](http://students.mq.edu.au/exams).

**IS IT YOUR FINAL YEAR OF STUDY?**
Towards the end of your final session, make sure you submit an ‘I expect to complete’ form via [ask.mq.edu.au](http://ask.mq.edu.au). This means your record is checked for eligibility to graduate.

Contact Student Connect if you’re not sure you have completed all the requirements for your degree.

**WHEN DO YOU GET YOUR RESULTS?**
Results are usually released two weeks after the end of the final examination period and sent to your student email account. They are also available via [eStudent](http://eStudent).

Students with an outstanding debt on their student account are unable to access their results until outstanding fees, including library fines, are paid.

**GRADUATION**
Graduation ceremonies are held at the North Ryde campus in April and September each year, and in some overseas locations. Information about graduation is available at [mq.edu.au/graduation](http://mq.edu.au/graduation).
Get help

CONTENTS
STUDENT SERVICES AND SUPPORT
EXPLORE YOUR CAREER DIRECTION
DEVELOP YOUR PROFESSIONAL SKILLS
We're here to help you succeed, and our services support your academic, social, personal and professional development. Find out more at students.mq.edu.au/the-student-success-network

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<th>SERVICES</th>
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<td><strong>ACADEMIC</strong></td>
<td><strong>ONLINE</strong></td>
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<td>Learning Skills Unit, Library, Numeracy Centre, Peer Assisted Learning/Peer Assisted Study Sessions</td>
<td>iLearn, LinkedIn Learning, Coursera, libMQ</td>
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<td><strong>SOCIAL</strong></td>
<td>Macquarie Events app, MacSync, Macquarie University Mentoring Network</td>
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<td>Events, Macquarie Buddies, Macquarie University Mentors, Student Groups</td>
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<tr>
<td><strong>PERSONAL</strong></td>
<td>Macquarie Uni Moves, UniWellbeing</td>
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<tr>
<td>Accommodation Services, Campus Security, Sport and Aquatic Centre, Student Wellbeing</td>
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<td><strong>PROFESSIONAL</strong></td>
<td>CV360, CareerHub, MyMQ Career Zone</td>
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<tr>
<td>Career and Employment Service, Global Leadership Program, Student Employment, Professional and Community Engagement (PACE)</td>
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DIVERSITY AND INCLUSION
At Macquarie, we know that a sense of belonging is critical to student success. The Student Diversity and Inclusion team focuses on celebrating our community’s diversity, and building inclusion and belonging. For instance, the Respect. Now. Always. program creates a culture of safety and respect for all students and staff. If you have a concern about inclusion on campus, you should contact us to discuss your concerns.

All students need to complete the Consent Matters learning module in iLearn – an online course focused on building relationships, understanding consent, and how to take action if you see concerning behaviour. The team run workshops on topics such as responding to sexual harassment and sexual assault, responding to racism, free speech and respect.

mq.edu.au/respect

mq.edu.au/diversity-and-inclusion

ACCESSIBILITY
Access to university is more than being physically able to enter and move about the campus and buildings. It’s about access to education and participation in the whole student experience. The Accessibility team in Student Wellbeing is dedicated to providing appropriate assistance, support and services to students, and carers of students with a disability or health condition, so that they can access the University.

mq.edu.au/accessibility-services

mq.edu.au/student-advocacy

mq.edu.au/about/childcare-centres

mq.edu.au/wellbeing

mq.edu.au/accommodation

mq.edu.au/about/childcare-centres

mq.edu.au/diversity-and-inclusion

mq.edu.au/respect

mq.edu.au/student-advocacy

mq.edu.au/accessibility-services
RELIGIOUS SERVICES
The Chaplaincy service provides religious and spiritual resources through one-on-one sessions and group activities for students of all faiths on campus. There is also a Muslim prayer room located on the Basement Level, 8 Sir Christopher Ondaatje Avenue.

students.mq.edu.au/religious-services

SPORT AND AQUATIC CENTRE
Macquarie University Sport and Aquatic Centre is designed to meet all your health, fitness and sporting needs. The centre features a gym and health club, indoor and outdoor pools, court hire, swim schools, social sport sessions and more.

mq.edu.au/sport

SCHOLARSHIPS AND FINANCIAL SUPPORT
Macquarie offers student scholarships to recognise financial need or hardship, academic excellence, sporting achievements, and outstanding character. Financial assistance, by way of loans and grants, is also available to students who have difficulty meeting basic living expenses, and to help with study fees.

students.mq.edu.au/scholarships

MACSHOP
The MacShop is your official supplier of Macquarie-branded merchandise such as hoodies, jumpers, gifts and more. The MacShop is located on Level 2, MUSE, 18 Wally’s Walk.

shop.mq.edu.au

WALANGA MURU
Walanga Muru provides support to Aboriginal and Torres Strait Islander students, including academic advice, enrolment support, tutoring and more. Walanga Muru also provides recreational and study spaces specifically for our Indigenous students.

students.mq.edu.au/support/indigenous-students

LGBTIQA+
Macquarie supports students who identify as LGBTIQA+. Visit the QueerSpace on Level 3, MAZE, 18 Wally’s Walk, or connect with our Ally Network via facebook.com/MQAllyNetwork to find out about events and support on-campus. Gender neutral toilets can be found on Level 3, MAZE, 18 Wally’s Walk. If you’ve got a concern or question about LGBTIQA+ support on campus, contact Student Diversity and Inclusion or Student Wellbeing. Support off campus is available via QLife qlife.org.au

IT SERVICE DESK
The IT Service Desk can assist you with technology issues ranging from network access to computer problems. Lodge an online ticket request using OneHelp, email help@mq.edu.au, call (02) 9850 HELP (4357), visit Room 244, 17 Wally’s Walk.

students.mq.edu.au/support/technology

FACULTY STUDENT CENTRES
Faculty student centres offer specific unit, degree and academic advice. They can help you make sure you’re on track with your studies, and provide information on what’s happening in your faculty.

students.mq.edu.au/faculty-student-centres
Explore your career direction

CAREER THINKING
When should you start thinking about your career?
In your first session or your last?
ANSWER: The earlier the better.

Use your time with us wisely, and start working towards the career that you want.
But don’t worry because we can help.

Our Career and Employment Service is designed to help you explore your options, build your employability skills, and help you figure out what your future career might look like.

Face-to-face workshops and consultations are run on a regular basis

Career events are held throughout the year. You can register for presentations from industry experts, industry-specific seminars and career fairs via CareerHub on our website

MyMQ Career Zone and CareerWISE allow you to access a range of online tools and resources to assist you with enhancing your employability

CV360 online tool will check your résumé and give you tailored feedback

Student Employment helps you find a job now

All of our career and employment services are free and available to you at anytime throughout your studies, and up to 12 months after you graduate.

Remember your future starts at Macquarie University.

Start working on your career now at mq.edu.au/careers

Find more career advice at mq.edu.au/careers
Develop your professional skills

Employability is a word that gets thrown around a lot these days. But what exactly does it mean? Employability is the range of skills, knowledge and attributes that combine with your qualifications to make you attractive to potential employers. It’s what makes you stand out from all other job applicants.

INCREASE YOUR EMPLOYABILITY

You made a good decision to study a Macquarie degree, as our degrees are designed to increase your employability.

It’s now time to add other skills to further enhance your employability, such as:

- Collaboration
- Communication
- Problem solving
- Teamwork

Get those skills and gain some extra experience you can put on your job application.

- Join Macquarie University Mentors and help new students adjust to uni life [mq.edu.au/mentors]
- Join Macquarie Buddies and help students who are new to Sydney [mq.edu.au/buddies]
- Sign up for the Global Leadership Program to develop your global citizenship and leadership skills [mq.edu.au/glp]
- Gain authentic work experience through our Professional and Community Engagement (PACE) program [mq.edu.au/pace]
- Join a student group to discover a new world of opportunities and friendships [students.mq.edu.au/student-groups]
- Spend a session on a Study Abroad and Exchange program to explore the world [students.mq.edu.au/exchange]

YOUR CAREER CHECKLIST

Be proactive. Start today.

- Build your résumé and cover letter in MyMQ Career Zone
- Explore your career options using our online tools in CareerWISE via iLearn
- Register with Student Employment
- Search for job appointment times and opportunities on CareerHub
- Attend a workshop to gain employment skills and confidence
- Review your résumé with CV360
- Volunteer to help others and build your experience
- Complete the Global Leadership Program
- Gain work experience through Professional and Community Engagement
- Apply for internships
- Connect with employers at Careers Week (held in the third week of each session)

NEED A JOB NOW?

Our Student Employment team are here to help you find your next job and can:

- connect you with job opportunities on and off campus
- prepare you for the application and interview process
- support you with feedback and reflections on your experiences

Working while studying has many benefits. Regardless of the type of work you do now, you’ll build valuable professional skills to make you more employable in the future.

Get in touch with Student Employment and register for a FastTrack Workshop – the first step in your student employment journey.

E: studentemployment@mq.edu.au
Your calendar

CONTENTS
KEY DATES
ASSESSMENT PLANNER
2020 YEARLY OVERVIEW
**ACADEMIC CALENDAR**

For most students, the academic year consists of two 13-week sessions: Session 1 and Session 2. There is a 2-week mid-session break and 3 weeks for exams at the end.

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**MAKE FRIENDS**

**ENROLMENT**

**CENSUS DATE**

**UNI BREAK**

**FIRST ASSESSMENT DUE**

**FIRST WEEKS**

**WITHDRAWAL WITHOUT ACADEMIC PENALTY**

**FINAL ASSESSMENTS**

**EXAMS**

**RESULTS**

Find dates for important events such as census, withdrawal without academic penalty and results release at [mq.edu.au/study/calendar-of-dates](mq.edu.au/study/calendar-of-dates)
### Key dates

#### 2020 SESSION ACADEMIC CALENDAR
For students undertaking most undergraduate and postgraduate coursework degrees, including Open Universities Australia

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Session 2</th>
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<tr>
<td>Orientation</td>
<td>17–21 February</td>
<td>20–24 July</td>
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<tr>
<td>Classes start</td>
<td>24 February</td>
<td>27 July</td>
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<td>Last date to enrol</td>
<td>8 March</td>
<td>9 August</td>
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<td>Census date</td>
<td>19 March</td>
<td>20 August</td>
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<td>Mid-session break</td>
<td>13–26 April</td>
<td>14–27 September</td>
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<tr>
<td>Last withdrawal without fail</td>
<td>28 April</td>
<td>28 September</td>
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<tr>
<td>Classes resume</td>
<td>27 April</td>
<td>28 September</td>
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<tr>
<td>Classes end</td>
<td>5 June</td>
<td>8 November</td>
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<tr>
<td>Examinations</td>
<td>9–26 June</td>
<td>9–27 November</td>
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<tr>
<td>Results</td>
<td>9 July</td>
<td>10 December</td>
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*Dates correct as of December 2019. For updated information, see [mq.edu.au/study/calendar-of-dates](http://mq.edu.au/study/calendar-of-dates)
Grab your unit guides from iLearn or units.mq.edu.au and fill in your assessment details below.

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<th>UNIT NAME</th>
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# 2020 Yearly

## FEBRUARY 2020 – JULY 2020

### FEBRUARY

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### APRIL

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ACTIONS:

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MONTHLY GOALS

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GOAL:
ACTIONS:

03
GOAL:
ACTIONS:
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MONTHLY PLANNER

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MONTHLY GOALS

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GOAL:

ACTIONS:

02

GOAL:

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MONTHLY GOALS

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Your mid-session break bucket list

WHAT TO DO DURING THE BREAK

With exams done and dusted, take time out to relax, but don’t let Sydney’s winter season stop you from getting out and about. Here’s a list of ideas of things to do during mid-session break.

1 CATCH UP ON SLEEP
Let’s be honest, you’ve probably spent many late nights cramming for exams. Now is a great chance to get some well-deserved rest.

2 READ A BOOK
After countless hours of reading academic papers and textbooks, it’s time to grab a book and read for leisure. Whether you’re into mystery, romance, adventure or action, get reading.

3 TAKE ON A PASSION PROJECT
The mid-session break is the perfect time to take on a project or new hobby without competing priorities such as assignments. Get active and try a new sport, get creative with some painting or, since it’s winter, knit a scarf or beanie.

4 HAVE A MOVIE NIGHT
Grab a group of friends for a cosy night in with your favourite movies. Popcorn and hot chocolate with marshmallows sounds like a great combo for a winter night.

5 EXPLORE YOUR INTERESTS THROUGH VOLUNTEERING
Volunteering is a great way to develop your employability skills and meet new people. There are plenty of volunteer opportunities such as volunteering for events or non-for-profit organisations. Check out CareerHub at mq.edu.au/careers or volunteering.nsw.gov.au for volunteering opportunities.

6 EXPERIENCE CHRISTMAS IN JULY
Christmas in Australia is hot, but Christmas in July lets us Sydneysiders experience Christmas in winter. There are various events and markets to give you the full experience of a Northern Hemisphere Christmas in Sydney.
whatson.cityofsydney.nsw.gov.au

7 ICE-SKATE YOUR WAY AROUND SYDNEY
Nothing screams winter more than ice-skating. Outdoor ice rinks are open around Sydney for a few weeks in July. Check out whatson.cityofsydney.nsw.gov.au or head to Macquarie Ice Rink, only a 10-minute walk from campus.
macquarieicerink.com.au

8 GO ON A SKI TRIP
It doesn’t snow in Sydney, but you can get your snow fix in the Snowy Mountains.
snowymountains.com.au

9 WATCH SOME WHALES
Did you know the best time go whale watching is the first week of July? This is because they’re heading away from Antarctica towards a warmer climate. Book a whale-watching tour.
whalewatchingsydney.com.au

10 CLIMB THE SYDNEY HARBOUR BRIDGE
Summers in Sydney can get a bit extreme, so winter – with its crisp fresh air, clear skies and warming sun – is a great time to climb the Sydney Harbour Bridge.
brideclimb.com
August
MONTHLY PLANNER

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TUE  4
WED  5
THU  6
FRI  7
SAT  8
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MONTHLY GOALS

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MONTHLY GOALS

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NOTES
## November Monthly Planner

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NOTES

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MERRY CHRISTMAS AND HAPPY NEW YEAR!

Most of our offices and services will be closed over our shutdown period (Christmas period). This includes the Library, IT Service Desk and shuttle bus services. Keep up-to-date on the Macquarie University Campus Facebook page for further information.

Campus Security will continue to operate as normal. Call (02) 9850 9999 for on-campus emergencies.
Student deals

- **50% OFF**
  - NEXT PIZZA PURCHASE
  - UBAR

- **10% OFF**
  - NEXT IN-STORE PURCHASE
  - MACSHOP

- **50% OFF**
  - NEXT SHARETEA PURCHASE
  - Globe Café

- **$2**
  - FOR ANY COFFEE
  - Piccolo Lane

- **$2**
  - CHEESEBURGER
  - Wally's

---

SEE BACK OF THIS COUPON FOR TERMS AND CONDITIONS
GLOBE CAFÉ
50% OFF NEXT SHARETEA PURCHASE
Limit one per customer, per offer
Must use voucher to redeem the offer
Offer expires 30 September 2020
Not to be used in conjunction with any other offer

UBAR
50% OFF NEXT PIZZA PURCHASE
Limit one per customer, per offer
Must use voucher to redeem the offer
Offer expires 30 September 2020
Not to be used in conjunction with any other offer

MACSHOP
10% OFF NEXT IN-STORE PURCHASE
Limit one per customer, per offer
Must use voucher to redeem the offer
Offer expires 30 September 2020
Not to be used in conjunction with any other offer
Cannot be used for MACSHOP online purchase

PICCOLO LANE, WALLY’S COFFEE CART, UBAR
$2 FOR ANY COFFEE
Limit one per customer, per offer
Must use voucher to redeem the offer
Offer expires 30 September 2020
Pay extra for soy, lactose free, almond milk, extra shot and syrups
Not to be used in conjunction with any other offer

CRUNCH CAFÉ
(LOCATED AT THE SPORTS AND AQUATIC CENTRE)
$2 CHEESEBURGER
Limit one per customer, per offer
Must use voucher to redeem the offer
Offer expires 30 September 2020
Not to be used in conjunction with any other offer
### Your fast track to help

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<td>Campus Security</td>
<td>T: (02) 9850 9999 – on campus emergencies</td>
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<td>T: 1800 CARE MQ (1800 227 367)</td>
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<td>Academic advice</td>
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<td>Find your faculty student centre here students.mq.edu.au/faculty-student-centres</td>
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<td>Policy and process advice</td>
<td>Student Advocacy</td>
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<td>students.mq.edu.au/student-advocacy</td>
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