



The UNIsun is a newsletter created by two fourth year occupational therapy students in conjunction with Monash University. This newsletter is designed to provide exposure and access for all students (especially those with impairment, disability or difficult circumstance) to the student supports that exist at the Peninsula Campus of Monash University.

“Interestingly, from an identity standpoint, what does it mean to have a disability? Pamela Anderson has more prosthetic than I do and no one calls her disabled.” -Aimee Mullins, 2009

So... What's the Go?

Monash Peninsula, like all Monash campuses maintain high standards for inclusive practices. Many staff and students are involved in maintaining and improving campus accessibility. Monash Peninsula is a campus well set up to assist in supporting all facets of uni life.

The campus has regular social events hosted by MONSU (Monash Student Union), the OSS (Overseas Student Services), and many other clubs and societies. The campus also holds host to a number of free or bulk billed student

support services that gather in or near the HUB in A-building.

The UNIsun is a student newsletter aimed at improving the Peninsula campuses accessibility via increasing student's awareness and use of campus services. A number of domestic and international studies have centred on understanding and improving University students help seeking behaviours. Although work and school are ranked as top cause of anxiety amongst Australian youth, many students ignore the warning

signs and do not utilize available supports due to: lack of perceived need, lack of awareness, or scepticism regarding effectiveness.

“All students want their university experience to be enjoyable, and non-stressful; one quick visit might mean the difference.” According to Michael a current student and Peninsula service user.

This edition of the UNIsun gives a sneak peak into the many student supports available at Monash Peninsula.

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Did You Know...

Butterflies taste with their feet

and

Your student card can be activated at the Security desk in C building for 24hr computer lab access

Is the Juice Worth the Squeeze?

How often are we having dramas but can't be bothered seeking help, so we just slug it out? Two heads are better than one, right? If you don't understand something in class, generally you simply ask: "Sorry, but what are you on about?" The service desk in A-building has made getting help almost as easy as raising your hand. A diverse range of services are at every student's finger tips and are as cheap as chips. "The

visits are bulk billed, and its convenient being on campus. Oh and friendly." said Nuraini, a 3rd year midwifery student following an immunisation visit to the health service. More students every day are discovering the fantastic student specific services at the HUB. "Why do it the hard way? You go in, make an appointment, see someone, and most services are free. Its great." said Matt, a current Peninsula student and previous

user of the DLU (Disability Liaison Unit) and Employment/Careers services. It is human nature to need assistance from time to time and who said you can't save some coin in the process? After all we are uni students with better things to do with our time and money. Who knows, you could even upgrade from two minute noodles to subway for lunch.

Learn to Manage Your Stress



Remember:

“There is nothing so useless as doing efficiently that which should not be done at all.” – Peter Ducker

What is stress?

It's the “wear and tear” our bodies experience as we adjust to our changing environment. It can have physical and emotional effects on us and can create positive or negative feelings.

How do I eliminate stress?

As stress can have a positive influence such as compelling us to action, the goal should not be to eliminate stress but to learn how to manage it. However, if you are experiencing negative stress symptoms, you need to reduce the stress in your life and/or improve your ability to manage it.

How can I manage stress better?

Here are 6 helpful tips to better manage stress.

1. **Become aware of stressors and your emotional and physical reactions.**
2. **Recognise what you can change.** Avoid or lower the intensity of the stressors.
3. **Reduce the intensity of your emotional reactions to stress.** Are you viewing your stressors in exaggerated terms?
4. **Learn to notice and moderate**

your physical reactions to stress. Slow deep breathing will bring your heart rate and respiration back to normal.

5. **Build your physical reserves.** Exercise, well balanced diets and getting enough sleep will build your physical reserves to cope with stress.
6. **Maintain your emotional reserves.** Maintain mutually supportive relationships, set realistic meaningful goals and expect some failures and frustrations!

What is a ‘Disability’?



A disability may be generally defined as a condition which may restrict a person's mental, sensory, or mobility functions to undertake or perform a task in the same way as a person who does not have a disability.

One in five Australians are classified as having one or more disabilities and this value is increasing with the ageing population. A disability may be visible or hidden, may be

permanent or temporary and may have a minimal or substantial impact on a person's abilities.

Examples of disabilities as recognized by Monash University are:

- Loss of physical or mental function
- Loss of part of the body
- Infectious and non-infectious disease
- The malfunction,

malformation or disfigurement of part of a person's body

- A condition which means a person learns differently from other people
- Any condition which affects a person's thought processes
- Includes a disability that is present, once existed but doesn't any more or that may exist in the future.

** Monash University Staff Disability Policy*

A word from Sandra McNamara, Senior Counselor and Coordinator, Health Wellbeing and Development

Did You Know...

There are only 12 letters in the Hawaiian alphabet

and

The Peninsula Librarians can assist you with your online studies such as Database searches

Sandra has been counselling staff and students via the HWD at Monash Peninsula for 2 years. Sandra has always had a vested interest in students' wellbeing and professional development for the entirety of her professional career. Sandra sees staff and students for any number of reasons including; Academic help (stress management,

motivation, study skills); Greif counselling; Relationship issues; Depression and Anxiety. Sandra understands that some students are hesitant to access counselling services. She emphasises that the nature and purpose of each visit is entirely up to the user. Also stating that the feedback is generally very positive, and that

she enjoys seeing positive outcomes for the people she has seen. A previous client of Sandra's said: "The service lived up to my every expectation and provided me with some clarity...As poor uni students we should take advantage of these amazing free services on offer."

Student Profiles



Matt Schweitzer, 23

Psychology Student

Is originally a country boy from Sale, he now lives and studies on campus at Monash Peninsula.

Services used:

Matt, as part of his enrolment, is registered with the DLU. In Matt's case this meant setting him up for alternative exam conditions. "Pretty simple really, I see it as potentially meaning the difference between a pass and a distinction." Matt says that those considering the service, if eligible, could definitely benefit. Matt has also seen some one from the careers/employment service.

Random fact:

Matt likes AFL more than salt. He can recite the last 20 premiers from memory.



Jonathon Minden, 21

Occupational Therapy Student

Jon enjoys going out to parties, keeping fit, travelling, and hanging out with friends.

Services used:

Although Jon had received consultations for a mild hearing impairment through previous schooling, he opted not to register with the DLU at University. Although, Jon believes that if he was struggling he would register. Jon has however benefited from some financial aid in the form of a student loan which is offered as part of the community services at Peninsula. "I was stoked when it was approved because I needed the money and there's no interest."

Random fact:

Jon used to compete in state level triathlons.



Nuraini Alston, 22

Midwifery Student

Nu says she loves that the Peninsula campus is near the beach. Nu loves music, nature and good food and wine.

Services used:

Nu is required to have up to date immunisations for her course placements. Hence, Nu opts to use the campus medical service with experienced practitioners familiar with faculty requirements. "Initially I was unaware that it was an actual clinic and that it's simply located on campus for us...the doctors really know their stuff and are familiar with student's needs."

Random fact:

Nu can play the dulcimer, a fretted string instrument native to America.

See a Counselor?! You Must be CRAZY?!

The great thing about the student services at Peninsula is that they are designed to cater for the specific needs of students. Staff and students are the only clientele they see. Some students report their problems as being too minor to need help, or too personal to discuss. Sandra McNamara, a senior counsellor and Health, Wellbeing and Development coordinator said "Tackling what seems a small issue before it gets out of control is much easier than the alternative." Sandra stresses that irrespective of the nature or seriousness of each visit, confidentiality is always maintained. The sessions can be as informal as a chat, and although highly qualified, the staff are very down to earth and approachable.

It would seem the envisioned leather couch and pensive cross legged clinicians exist only in the movies. The Australian Bureau of Statistics recently released data from a national survey indicating that more than half of tertiary students experiencing symptoms of anxiety and depression do not seek help. "Even if one doesn't have major problems, sometimes it's just good to vent and let it all out." Said a current Peninsula student who was struggling to balance home, work and uni life. An appointment to see a friendly and qualified student counsellor for whatever reason can be made via contacting or visiting the HUB in A-building.



Monash University Peninsula Campus Service Directory

Accommodation & Tenancy Advice (Monash Residential Services)

Tel: 990 44000

The student support Hub: Health, Wellbeing and Development

Peninsula Campus: Level 1, Building A.
Tel: 990 44223

- International student services
- Careers and Employment
- Centrelink Information
- Financial Aid and Advice
- Chaplaincy
- Counseling
- Disability Liaison Office
- Family and Childcare Services

University Health Service

Peninsula Campus: Level 1, Building A. Tel: 99044615

After-hours home visits and free phone advice

Tel: 132660

Equal Opportunity Unit

Tel: 990 55704

Learning Skills Advisor

Tel: 990 44253

Monash Student Union (MONSU) Service Desk

Level 1 Building U
Tel: 990 44217

- Exclusion/Disciplinary Appeals assistance
- Legal advice (referral service)
- Student Rights Officer
- Overseas student Service

Monash Sport

Monash Fitness Centre Peninsula, Level 1, Building U.
Tel: 9904 4496

Up & Coming Events @ Monash Peninsula

-
- Las Vegas Night (mid-semester party)- 23rd April
 - Bogan Bingo: 14th May
 - Exam stress busters- 28th May (Contact Health Wellbeing and Development)
 - Stress Less Week 25th-29th May (designed to relax and reenergise students)
 - After Exams Party (AX-1): date TBA

Sponsors



MONASH Sport



monash
meeting  point
meet eat & greet

Thanks to...

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