



# LAUNCH INTO 2024 WITH *us*

STUDENT ESSENTIALS DIARY

(**YOU**)<sup>*us*</sup>



Celebrating our pioneering past, our thriving present  
and our ambitious future. **YOU** to the power of *us*.

# Welcome to Country



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

On behalf of the Dharug people, I welcome you to this Country of the Wallumattagal clan of the Dharug 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 wingaru – 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 Dharug 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 Wallumattagal people of the Dharug 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’s extremely important to us to acknowledge, respect and celebrate the history of our people and our land.





**Download the free Walking on Dharug Country app** from your app store to learn more about the cultural areas scattered throughout our campus of significance to Aboriginal peoples and hear the Welcome to Country from Aunty Julie Janson.






# WELCOME TO 2024 ✨

Welcome to the Macquarie University community. You're an important part of our community, which is built on belonging, connection and mutual respect. Our values of scholarship, integrity and empowerment form the basis of everything we do. So, remember, it starts with **(YOU)**<sup>US</sup>. Your university years are the time to learn, explore and grow. They are also a time to have fun, try new things and make friends for life. The information in this diary will help you find out what Macquarie is about and make it easy for you to access the support, services and opportunities available to you as a Macquarie University student. 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 productive and successful 2024.




## CONTENTS

- ✦ Get started
  - ✦ Get connected
  - ✦ Get healthy
  - ✦ Get organised
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Need an accessible or digital version?

Access for free at [students.mq.edu.au/accessible-diary](https://students.mq.edu.au/accessible-diary)

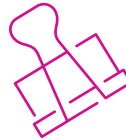





# YOUR CHECKLIST



- Access student email account
- Enrol in units listed on your first-year enrolment guide
- Complete MACQ2024 in iLearn
- Register for classes
- Register for Macquarie Kickstart
- Order your campus card online
- Connect to the Macquarie OneNet Wi-Fi
- Bookmark academic dates webpage
- Attend Macquarie Kickstart
- Connect with the Macquarie Mentors and Buddies
- Know your student support services (check MACQ2024 for details)
- Sign up to student Clubs and Societies
- Get course materials (Unit Guides are available in iLearn 2 weeks before start of session)





Be sure to update your contact details on eStudent if you applied to study at Macquarie using an old mobile number or postal address





# GET STARTED

Where to go for what @ uni

Set up and systems

Travelling to Macquarie

Safety and support

# YOUR STUDENT JOURNEY

For your first study session, your student journey will typically look this:



## ENROLMENT

Enrol in units for the session, register for classes, get your Campus Card online.

[students.mq.edu.au/  
study/enrolling](https://students.mq.edu.au/study/enrolling)

[mq.edu.au/campus-card](https://mq.edu.au/campus-card)



## MACQUARIE

### KICKSTART WEEK

Complete your online onboarding module MACQ2024, attend Kickstart week; visit our student group stalls and sign up for some fun Mentor and Buddy activities

### FIRST WEEKS

Attend classes, academic and writing workshops; go to social events, meet with our Peer Mentors and Buddies, check iLearn and your student email regularly and create good study habits

### CENSUS DATE

The last date that you can withdraw from a unit without financial or academic penalty. Refer to [mq.edu.au/unifees](https://mq.edu.au/unifees)

### FIRST ASSESSMENT DUE

Find your first assessment due dates on iLearn. Tap into the academic support services we have available for you [students.mq.edu.au/study](https://students.mq.edu.au/study) or drop in to Learning Connect @18 Wally's Walk and stay on track with your health with our free MQ Wellbeing app

### LAST DATE TO ENROL

The last date in your study period that you can add a new unit to your enrolment (usually in week 2). Make sure you only enrol in units that count towards your degree

### MID-SESSION BREAK

Take some time to rest, relax, reset, review and plan for the rest of the session!

### LAST DATE TO WITHDRAW WITHOUT FAIL

Usually in Week 7 – if you withdraw after this date, you'll receive a fail on your official record and transcript. Find out more here [students.mq.edu.au/study/changing/withdraw-units](https://students.mq.edu.au/study/changing/withdraw-units)

### FINAL ASSESSMENTS AND EXAMS

Information about your final assessments and exams will be provided in iLearn. Your exam timetable will be available in iExams when released [iexams.mq.edu.au](https://iexams.mq.edu.au)

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.

[students.mq.edu.au/  
study/course/dates](https://students.mq.edu.au/study/course/dates)

### ENROL AND REGISTER AGAIN

Check your enrolment for the next session. When class registration opens, register for the next sessions classes

### RESULTS

Results are your final grades for a unit of study. They are normally issued two weeks after the end of the teaching period via your student email. It will also be available for you to see in eStudent.



For more information about what to expect in your student journey, visit MACQ2024 on iLearn or [students.mq.edu.au/study](https://students.mq.edu.au/study)





## Where to go for what @ uni

### SERVICE CONNECT

Service Connect is your first point of contact for questions about your life at Macquarie. If you don't know who to ask, Service Connect can point you in the right direction. They answer a huge range of student enquiries and support many of the processes or services you might need during your studies. They're there to help you – contact them online, by phone or in person.

#### CONTACT SERVICE CONNECT

##### HOURS

Monday to Friday, 9am – 5pm  
(Hours may be extended during peak enrolment periods)

##### ONLINE CHAT

Available during business hours  
[students.mq.edu.au/service-connect](https://students.mq.edu.au/service-connect)

##### PHONE

(02) 9850 6410

##### IN PERSON

Ground Floor, 18 Wally's Walk (18WW)



### NEED HELP?

The **TechBar** can help with your Student ID, network access, password resets and computer problems.

Online self-service is available at [help.mq.edu.au](https://help.mq.edu.au)

### IN PERSON

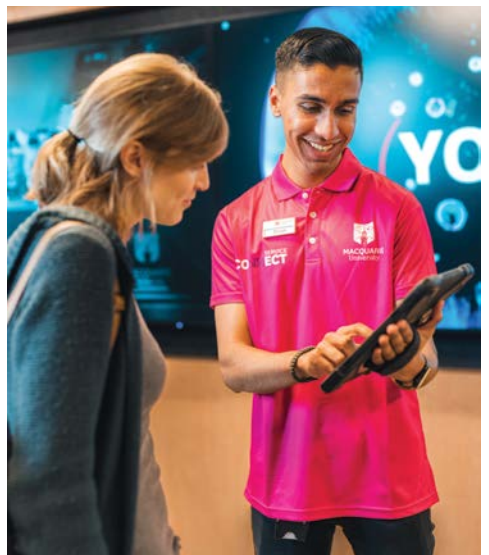
Ground Floor, 18 Wally's Walk (18WW)

### PHONE

(02) 9850 4357

### EMAIL

[help@mq.edu.au](mailto:help@mq.edu.au)



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# SERVICE CONNECT

# Set up and systems

## YOUR CAMPUS CARD

Your Campus Card is your ID. While you are on campus you will need it to access print and copy facilities and campus buildings.

[mq.edu.au/campus-card](http://mq.edu.au/campus-card)

Your preferred name  
Your ID photo which you can upload via CaptureME



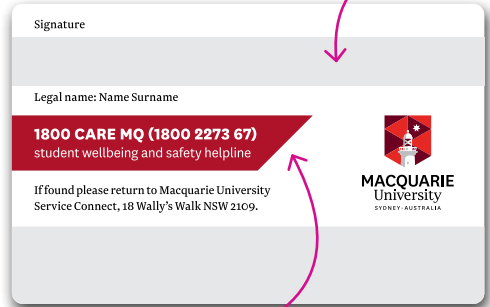
Your eight-digit student ID number

## YOUR STUDENT ID AND PASSWORD GIVES YOU ACCESS TO ...

- Free wi-fi on campus – connect to ‘Macquarie OneNet’ on any mobile device or laptop
- Free software
- Student discounts on and off campus
- Student email powered by **gmail.com** – this is how we communicate with you, so check it regularly.

Your email address is

**firstname.lastname@students.mq.edu.au**



24/7 helpline for students

## YOUR STUDENT SYSTEMS

**eStudent** is where you enrol and withdraw from units, register for classes, update your personal information and contact details, view exam results, check your timetable and pay your uni fees.

**student1.mq.edu.au**

**iLearn** is your online learning space where you'll find your subject specific materials and resources. Your unit guide, assessment guide, unit lecture recordings, reading lists and other study materials are all in iLearn. You'll also receive important updates via the iLearn announcements (such as your online class links), complete assessments and connect with classmates in discussion forums.

**ilearn.mq.edu.au**

**MyLearn** is a tool to help you organise your study, keep up with your learning activities and assessment tasks, monitor your progress, and gain insights into your own study patterns.

**mylearn.mq.edu.au**

**iPrint** allows printing from your preferred application to any iPrint location on campus. It's easy to collect your documents – just tap your campus card at any iPrint machine.

**AppStream** is an application streaming service that provides Macquarie users with instant access to applications from anywhere.







Macquarie University  
Metro Station

## 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. If you had a student Opal card last year, you will need to reapply for a new one this year and each following year you continue studying with us.

Find out more about buses and trains that get you to campus and how to get an Opal card at [transportsw.info](https://transportsw.info)



### TRAVEL CONCESSION

#### DOMESTIC STUDENTS

If you're enrolled as a full-time, internal student at Macquarie or registered with Student Wellbeing for accessibility support, you may be eligible for cheaper travel on public transport subsidised by the Australian Government.

[students.mq.edu.au/support/centres/service-connect/transport-concession](https://students.mq.edu.au/support/centres/service-connect/transport-concession)

#### 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](https://mq.edu.au/parking)



### CARPPOOLING

Carpooling (also car-sharing, ridesharing, and lift-sharing) is when a group of people commute together. It can also give you access to priority parking on campus if you apply for a carpool permit and meet the conditions.

### CYCLING AND WALKING

If cycling is more your style, we have multiple bike hubs and bike racks where you can securely park your bicycle. Find the facilities and best routes for getting around at [mq.edu.au/maps](https://mq.edu.au/maps)

Find out more about getting to Macquarie at [mq.edu.au/transport](https://mq.edu.au/transport)



## Safety and support

We care about you and your safety. There is a team of security professionals on campus at all times to help and support you.

### IN AN EMERGENCY

Contact Campus Security via an emergency help point or by calling (02) 9850 9999. Campus Security will call 000 and direct NSW Police, Fire or Ambulance.

### EMERGENCY HELP POINTS

Emergency help points (blue poles) are available throughout the campus. Use these points to connect with Campus Security at any time when you feel that you (or someone else) are unwell or your safety is threatened and you need immediate help.



### BUILDING ACCESS

To enter most buildings on campus you'll need to swipe your Campus Card. As a student, you should automatically have access to the facilities you need. For any questions or to organise access, contact the Security Control Centre on (02) 9850 7112.

### LOST AND FOUND

Campus Security manages lost and found items on campus. Report lost or found property by calling Campus Security on (02) 9850 7112 or visiting them at the Library – Level 2, 16 Macquarie Walk.

Find more information on Campus Security at [mq.edu.au/security](http://mq.edu.au/security)



**TIP:** You can find the map of stops and schedule at [mq.edu.au/security/shuttle-bus](http://mq.edu.au/security/shuttle-bus)

### STAYING SAFE ON NIGHTS OUT

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



### SECURITY ESCORT

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. The service operates every day of the year but try to contact them well in advance to arrange an escort. Call (02) 9850 7112 to request a Campus Security escort.



### WELLBEING APP

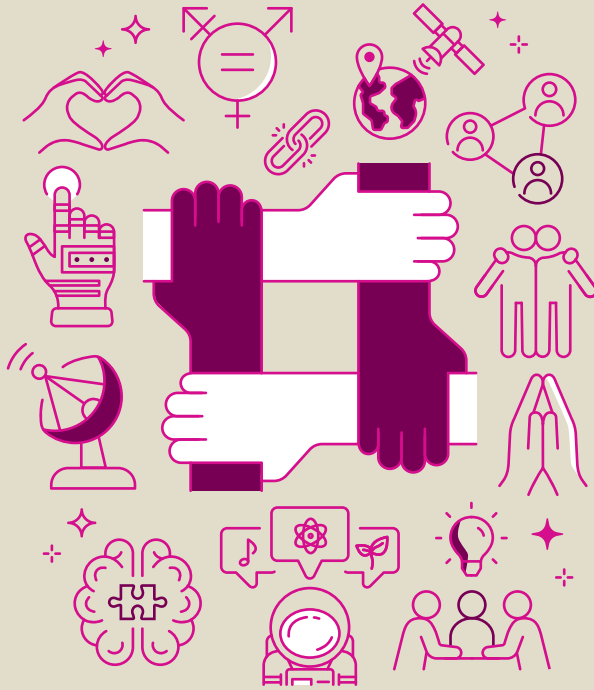
Download the free MQWellbeing App as this has safety and security information and we use it to provide security notifications.



### FREE SHUTTLE BUS

During session, there are free shuttle services every half hour Monday to Friday from 4pm – 12.30am. The shuttle bus runs between campus buildings, the train station and student accommodation.





# GET CONNECTED

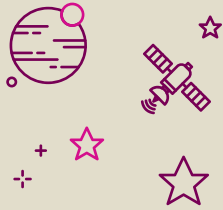
Connect with other students

Connect with jobs on campus

Connect with us

Connect with support services

(YOU)<sup>US</sup> means that we're here to help you succeed. We have services to support your academic, social, personal and professional success. Bookmark the current student landing page – [students.mq.edu.au](https://students.mq.edu.au) – read your student newsletter *The Macquarie Feed* each Monday, follow us on social media or visit MACQ2024 on iLearn to stay informed.



### Services



### Online



### Academic + professional

- The Library
- Learning Connect
- The Writing Centre
- The Numeracy Centre
- Your teaching staff
- Walanga Muru
- English Discussion Group

- WriteWISE
- Studiosity
- libguides
- MACQ2024
- [in](#) Macquarie University
- Academic Progression Self Guidance Tool
- [f](#) Employability Connect



### Social + networking

- Student groups
- Peer Mentors
- The Buddy Program
- English Conversation Club
- Women's room
- Queer Room

- [@](#) mq.buddies
- [@](#) Macquarieuni
- [f](#) Macquarie University Students
- [in](#) Macquarie University
- [d](#) macquarieuniversity



### Personal

- Student Wellbeing
- Accommodation Services
- Sport and Aquatic Centre
- Sensory spaces
- Chaplaincy Service

- TalkCampus app
- MyLegalMate app
- CARE report



### Health and safety

- Campus Security
- Student Wellbeing
- MQ Health

- Inappropriate behaviour reporting
- MQWellbeing app
- Safer Communities module

## Connect with other students

There are many ways to connect with people like you, try new things, help others within your community and develop valuable skills. Here's a list of the main ones but for other opportunities to connect, see [students.mq.edu.au/peer-support](https://students.mq.edu.au/peer-support)

### MACQUARIE UNIVERSITY PEER MENTORS

Starting at university can be a big change, and the best way to ease yourself into it is by learning from someone who has been exactly where you are. That's what our Peer Mentors are about – they'll guide you one-on-one through your first six weeks of study to help you get the best start possible and make connections within your new community. Find out more at [mq.edu.au/mentors](https://mq.edu.au/mentors)



You can sign up for a Peer Mentor on the Macquarie University Mentor Network at [mq.au.peoplegrove.com](https://mq.au.peoplegrove.com)



**TIP:** Make sure you click 'Join Program' for the Macquarie University Peer Mentors.

### MACQUARIE UNIVERSITY BUDDY PROGRAM

The Macquarie University Buddy Program provides students with social support and a point of contact to assist in your transition into uni life.

[students.mq.edu.au/buddies](https://students.mq.edu.au/buddies)



### ENGLISH CONVERSATION CLUB

The English Conversation Club is designed for international students who want to enhance their conversational English skills. It's a social, fun and relaxed setting where everyone is encouraged to share their experiences, practise their speaking, improve their confidence to talk in public and successfully interact with others. You can network, connect and have fun with other students, and it's free! [students.mq.edu.au/support/study/english/club](https://students.mq.edu.au/support/study/english/club)

### STUDENT CLUBS AND SOCIETIES

Our student groups, clubs and societies are run for students by students. These groups are all about connections through common interests – check them out and sign up at Macquarie Kickstart Week or see [students.mq.edu.au/student-groups](https://students.mq.edu.au/student-groups) to find their contact details.



**TIP:** Interacting with others can help build your self-confidence and can make study easier.



### STUDENT VOICES

#### STUDENT REPRESENTATIVE COUNCIL (SRC)

The SRC represents and advocates the interests of students to the highest levels of the University as the peak consultative body for undergraduate and postgraduate students. Chat to SRC members if you have ideas or need to raise issues affecting students at Macquarie.

E: [src@mq.edu.au](mailto:src@mq.edu.au)

[mq.edu.au/src](https://mq.edu.au/src)

#### GRAPESHOT

Grapeshot is your student publication for you to share and showcase your creative talents (stories, news reports, poetry, music) and stay connected with the student community. Pick up the latest Grapeshot copy on campus or visit their website to view their editions at [grapeshotmq.com.au](https://grapeshotmq.com.au)

E: [grapeshot@mq.edu.au](mailto:grapeshot@mq.edu.au)

[students.mq.edu.au/uni-life/whats-happening/grapeshot](https://students.mq.edu.au/uni-life/whats-happening/grapeshot)



## Connect with jobs on campus

The Macquarie Student Employment team (MQSE) assists you to get job-ready – making sure your resume, cover letter and interview skills are up to scratch before you apply for jobs. You will be connected to employers seeking to recruit student talent into paid positions. You'll also be actively coached and given constructive feedback throughout the recruitment process.

### BENEFITS OF MACQUARIE STUDENT EMPLOYMENT

- Find and apply for paid positions that are specifically seeking Macquarie students or recent graduates
- Get advice and feedback from our highly experienced talent advisors and recruitment specialists
- Take advantage of employer presentations that will give you insights into advertised roles
- Participate in recruitment processes and become familiar with a range of different selection techniques used by employers
- Join the Job Ready Club so you can apply for jobs with confidence

For more information, see [students.mq.edu.au/careers/looking/student-employment-service](https://students.mq.edu.au/careers/looking/student-employment-service)

### FINDING JOBS

There are so many places and ways to find jobs, but it can be overwhelming to find the best places to go to maximise your chances of landing your dream job. Employability Connect is the best place to start because there are three jobs boards you can visit to search for employment:

- Careers Jobs Board – for all available jobs
- Macquarie Student Employment – let us help you land a job
- PACE Opportunities – internships relevant to your PACE experience

We partner with employers to share jobs most relevant for students and graduates.

Roles advertised on the Careers and Macquarie Student Employment Job Boards are paid opportunities, and employers have been reviewed to ensure credibility. Start your job search in Employability Connect or book in to attend a Job Search Skills Workshop with the Careers and Student Employment team.

### MODERN SLAVERY

Modern slavery refers to a range of serious crimes and human rights violations that involve exploitation and control. Macquarie University opposes all forms of modern slavery and is committed to maintaining responsible and transparent operations and supply chains. For more information, visit [students.mq.edu.au/support/safety-security/modern-slavery](https://students.mq.edu.au/support/safety-security/modern-slavery)



### MQSE RECRUITS FOR ALL TYPES OF ROLES INCLUDING:

- Casual jobs that fit while you are studying
- Part-time jobs that you can commit to longer term
- Contract roles or limited-term roles that can offer holiday work or work experience in your chosen career field
- Permanent roles for those studying part-time or for our graduates who are ready to launch
- Internships
- Graduate programs

For more info on Macquarie Student Employment and the Job Ready Club, head to Employability Connect.

### GET CAREER READY

Get career-ready has amazing programs to boost your employability and get you career-ready. Explore these options and know when they best fit into your career plan. Find out more at [students.mq.edu.au/careers/get-ready](https://students.mq.edu.au/careers/get-ready)

### PACE EXPERIENCE

PACE stands for Professional and Community Engagement, and this multi-award-winning program engages you in real-world learning activities with organisations across Australia and the globe. PACE will give you the all-important practical experience employers are looking for.

[mq.edu.au/pace](https://mq.edu.au/pace)

### GLOBAL LEADERSHIP PROGRAM (GLP)

The GLP can be undertaken alongside any course at Macquarie. With a focus on cross-cultural understanding, leadership, international issues, innovation and entrepreneurship, the GLP provides you with the knowledge, skills and networks you'll need to advance in your professional and personal life.

[mq.edu.au/ghp](https://mq.edu.au/ghp)



## Connect with us

### THE WRITING CENTRE

The Writing Centre empowers you to reach your study and professional goals by developing your academic, communication, English language and study skills.

[students.mq.edu.au/support/study/writing](https://students.mq.edu.au/support/study/writing)



### LIBRARY

Our Library has a range of services and resources to support your study. You can ask a librarian for help finding information or sources or use the Library's online subject and research guides for researching, referencing and subject-specific information.

[mq.edu.au/library](https://mq.edu.au/library)



### NUMERACY CENTRE

The Numeracy Centre supports your maths and statistics skill development. You can drop in for free individual help for first-year units, access workshops and bridging/ refresher courses via iLearn.

[students.mq.edu.au/numeracy-centre](https://students.mq.edu.au/numeracy-centre)



### WALANGA MURU TUTORIAL PROGRAM

Walanga Muru offers study support to our Aboriginal and Torres Strait Islander students. Dedicated staff members can help new students navigate their first year of study, with up to 20 hours available per student per unit (if you qualify).



[students.mq.edu.au/support/atsi-students](https://students.mq.edu.au/support/atsi-students)



### STUDENT WELLBEING

Student Wellbeing are here to support you and help you succeed, both academically and personally. They can connect you with medical, counselling, welfare and accessibility services and have dedicated wellbeing advisers who can help you navigate your options if your studies have been impacted and you need support.

[mq.edu.au/wellbeing](https://mq.edu.au/wellbeing)



### WRITEWISE

Connect with a peer writing leader – a Macquarie student trained to help you with academic writing, referencing or study strategies. Chat to them online at [students.mq.edu.au/writewise](https://students.mq.edu.au/writewise) or drop in and see them at Learning Connect.



### WE'RE ONLINE

Download the free MQ Wellbeing, My Legal Mate and Talk Campus apps. Chat to us online at [mq.edu.au/library](https://mq.edu.au/library) and [students.mq.edu.au/service-connect](https://students.mq.edu.au/service-connect)



## Connect with support services

We've told you about many of the learning and peer support services already, but there are some more you may need to know about.

### LGBTIQA+

Macquarie supports LGBTIQA+ students and works to provide a safe and inclusive environment for all students. Visit the Queer Room on the Ground Floor of 18 Wally's Walk, [students.mq.edu.au/sexual-gender-diversity](https://students.mq.edu.au/sexual-gender-diversity). If you have a concern or question about LGBTIQA+ support on campus, contact Student Diversity and Inclusion at [respect@mq.edu.au](mailto:respect@mq.edu.au). Support off campus is available via QLife [qlife.org.au](https://qlife.org.au).



### ACCESSIBILITY

The Accessibility Service provides appropriate adjustments and support to students with a disability/health condition, as well as carers of people with a disability. Our service enables access to a student's chosen course and promotes participation and success in the full university experience.



[students.mq.edu.au/accessibility-services](https://students.mq.edu.au/accessibility-services)

### COURSE GUIDANCE

Your study plan or first year enrolment guide is your best source of information about units to enrol in. If you need further course guidance you can use the Course Guidance form on our website to ask questions regarding course changes, or to make sure you are enrolling in the right units.



[students.mq.edu.au/course-guidance](https://students.mq.edu.au/course-guidance)

### SCHOLARSHIPS AND FINANCIAL SUPPORT

We offer 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 with difficulty meeting basic living expenses or study fees.



[students.mq.edu.au/scholarships](https://students.mq.edu.au/scholarships)

### SPIRITUAL SUPPORT

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 Multi Faith prayer room located on the Basement Level, 8 Sir Christopher Ondaatje Avenue.



[students.mq.edu.au/support/personal/spiritual](https://students.mq.edu.au/support/personal/spiritual)

### COUNSELLING, WELFARE AND EMERGENCY CARE

Student Wellbeing offers a range of support services including digital mental health care, counselling sessions, help with financial, tenancy and legal questions, after hours response, and referral to external services. Visit us at the Australian Hearing Hub, 16 University Avenue.



[mq.edu.au/wellbeing](https://mq.edu.au/wellbeing)

### 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/atsi-students](https://students.mq.edu.au/support/atsi-students)

### ADVOCACY

Student Advocacy helps students understand and navigate our policies and procedures. They're a great source of advice.



[students.mq.edu.au/student-advocacy](https://students.mq.edu.au/student-advocacy)

### CHILDCARE

We have a range of high-quality, innovative childcare programs and services. Four childcare services are available on campus: Mia Mia Child and Family Study Centre, Banksia Cottage, Gumnut Cottage and Waratah Cottage.



[students.mq.edu.au/child-care](https://students.mq.edu.au/child-care)



**TIP:** You can request a check-in for yourself (or a friend) from one of our Wellbeing Advisors. They're a friendly team who can help you find support and assistance for your physical and mental wellbeing. Make a request through the Student Care and Reporting Network: [mq.edu.au/support/care-reporting](https://mq.edu.au/support/care-reporting)

### INTERNATIONAL STUDENT SUPPORT OFFICER

The International Student Support Officer is your first point of contact for any queries you may have during your time at Macquarie. You can book an appointment to chat via email.



**E:** [internationalstudentengagement@mq.edu.au](mailto:internationalstudentengagement@mq.edu.au)

Please keep in mind that we are unable to assist with general inquiries or issues such as administration, processes, or requests for documents. For these types of questions, please reach out to Service Connect.





## WORK OUT WHAT'S IMPORTANT TO YOU

Everyone has different things that are important. Sometimes what is important changes over time. Before setting specific goals, think about your values, interests and priorities. Consider what areas of your life you want to improve, whether it's related to health, career, relationships or personal development.

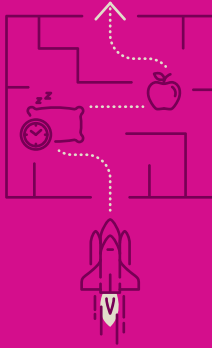


### BREAK IT DOWN

Once you've identified what's important, think about some goals that will help you move in the right direction. A lot of people like to set **SMART** goals, which stands for **S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**ime-bound. Breaking it down helps you think about how you will achieve your goals.

An example of a SMART goal about health eating might be:

- Eat 2 pieces of fruit everyday for the next three months.
- Do 30 minutes of physical activity, such as walking or yoga, three times a week.



### TAKE ACTION

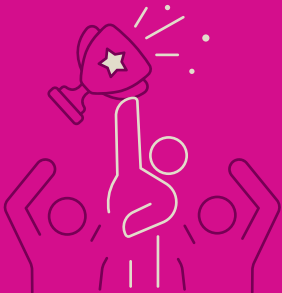
To achieve your goals you need to take action. Action is crucial to turn your goals into reality. This often means breaking down your goals into smaller manageable steps. Create a plan or a to-do list to help you get started on your journey.



### CELEBRATE YOUR SUCCESS

Celebrate your successes, no matter how small they may seem. Rewarding yourself for reaching milestones can boost your motivation and keep you on the path to accomplishing your larger goals.

If you feel like you didn't quite get the goal sorted, think about what got in the way. Were you setting up changes that were too big? Or are there other things that need to happen to support your goal?

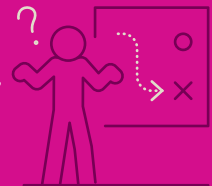


### TRACK YOUR PROGRESS

Keep records of your achievements, whether it's weight loss, fitness levels or improvements in mental health. Use the weekly habit tracker in your diary to help you track your progress, stay motivated and keep on top of your goals.



Remember that the process of self-improvement and goal achievement is ongoing. Reassess your goals over time and adjust them as needed. Tracking your progress can help you work out what supports you, and what doesn't. What works best for you may vary, so being flexible in your approach will help.



## Mindful matters

Practicing mindfulness techniques and relaxation exercises can help you manage stress and improve your mental resilience. Take a break and nurture your mind and body. Try some mindfulness activities to give yourself the best chance to succeed: [students.mq.edu.au/uni-life/community/diversity-inclusion/mindful-matters](https://students.mq.edu.au/uni-life/community/diversity-inclusion/mindful-matters)

### SLEEP

Aim for at least 7-9 hours of sleep (or 4-5 cycles of REM sleep) each night for optimal memory consolidation and learning. It's where you process and store all the information you've learned during the day.

#### STAGE 1 NREM

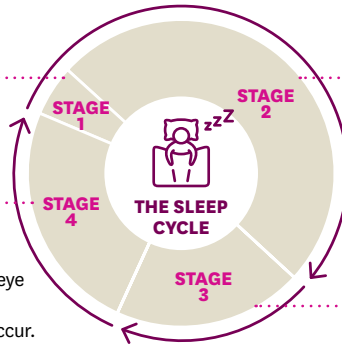
(FALLING ASLEEP: 1-7 MINUTES)

Think of this as the 'transition stage' which lasts just a few minutes. Your body starts to relax, and you're on the verge of falling asleep.

#### STAGE 4 REM

(RAPID EYE MOVEMENT SLEEP)

This is where your dreams come to life. Your brain becomes highly active, almost like when you're awake. Rapid eye movements, increased heart rate, and muscle atonia (temporary paralysis) occur.



#### STAGE 2 NREM

(LIGHT SLEEP: 10-25 MINUTES)

Your sleep becomes deeper. Your brain organises itself, and you may experience bursts of rapid brain activity (sleep spindles).

#### STAGE 3 NREM

(DEEP SLEEP: 20-40 MINUTES)

Now you're in deep sleep territory. Slow, high-amplitude brain waves (delta waves) dominate this stage. Your body begins to repair and regenerate, crucial for your physical well-being.

### HOW SLEEP IMPACTS YOUR STUDIES

#### MEMORY CONSOLIDATION

During REM sleep, your brain processes and stores the study material you've covered during the day. So, getting enough REM sleep is like a study boost for your brain.



#### PROBLEM SOLVING

Those deep NREM stages (2 and 3) are when your brain excels at connecting complex ideas and solving problems.



#### STRESS REDUCTION

Adequate sleep, especially in deep NREM stages, helps lower stress and anxiety, making you better equipped to tackle academic challenges with a clear mind.



#### ALERTNESS AND FOCUS

A consistent sleep schedule that allows you to cycle through these stages ensures you wake up refreshed and ready to focus in class, during study sessions, and at exam time.



#### SOCIAL ENGAGEMENT

Increased sleep can assist you with feeling on top of your game when you want to socialise! You will be in a better mood and feel increased motivation for social activities when you've had enough sleep.



### HELPFUL APPS

#### MQWELLBEING APP

The MQWellbeing app offers resources on:

- **Mindfulness** – Mindful awareness is a powerful tool for helping you to manage stressful times and difficult emotions. Podcasts on the App take you through different Mindfulness exercises, from short to longer.
- **Productivity and overcoming procrastination** – Learn ways to manage your time, and procrastination. The App can help you keep track by scheduling activities, find ways to start study tasks you might be avoiding, and manage your time better.
- **Managing stress** – When you're stressed, it's easy to lose your cool. Getting your work done in time can overwhelm even the well organised student. The App provides information and help with stress management, including relaxation exercises.



#### TALKCAMPUS

TalkCampus is an online peer support community for Macquarie students. It provides access to support any time of day, anywhere in the world via the TalkCampus app.

The app allows you to be anonymous while accessing support from peers across the globe in a safe environment. You can talk to other students about your concerns and challenges.

TalkCampus is available in 25 languages.



# Physical health

There are many ways of moving. Stay on top of your physical health. Find the right activity that works for you.

## WALKING

Enjoy a leisurely stroll around the campus, nearby parks, or your neighbourhood to stay physically active and explore the natural beauty around you.



## GARDENING

Connect with nature and relax by tending to your own garden space. Gardening provides physical activity and a sense of accomplishment as you nurture your well-being.



## YOGA



Incorporate yoga into your daily routine to enhance flexibility, reduce stress, and maintain balance in your life. Practice at your own pace in your preferred setting.

## CYCLING



Explore the beauty of nature and nearby scenic routes by cycling. It's an eco-friendly way to stay fit while enjoying the serene outdoor environment.

## DANCING

Dance your way to fitness by turning up your favourite tunes and moving to the rhythm. Dancing provides a fun and effective way to stay active and de-stress.



## PLAY A CASUAL SPORT

Take a break from your studies and engage in casual sports like table tennis, badminton, or frisbee. These activities provide a fun way to socialise, relax, and stay active.



## PILATES

Strengthen your core, posture, and flexibility through Pilates workouts that you can do at home or in your own space.

These exercises promote a strong foundation for a healthy body and mind.



## GENTLE AEROBICS

Boost your cardiovascular fitness and maintain a healthy lifestyle by incorporating gentle aerobics exercises into your routine.

## STRETCHING

Keep your body limber and prevent injuries by incorporating regular stretching exercises into your day.



Chair exercises – Stay active during study breaks with chair exercises that you can easily do at your desk or in your room. Boost your energy and focus with these convenient workouts.

## MACQUARIE UNIVERSITY SPORT AND AQUATIC CENTRE

The Macquarie University Sport and Aquatic Centre (MUSAC) offers a health club, two heated swimming pools, squash courts, gymnastics and martial arts facilities, and social and representative sporting competitions. Learn to swim, get fit with personal training, meet people in group fitness and other recreational classes with a range of options available for you to train with confidence. Find out more at [musac.mq.edu.au](https://musac.mq.edu.au)



## DID YOU KNOW?

You can book and hire facilities like our sports fields, basketball and squash courts, tennis courts, and venue spaces like our halls and studios. Find out more at [musac.mq.edu.au/venue-hire](https://musac.mq.edu.au/venue-hire)

## Social health and relationships

### 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, unwanted sexual comments, demeaning or abusive comments and threatening behaviour – whether they are from a stranger or someone you know – are harassment.

Remember – when it comes to sex, only have sex if you're confident the other person has consented. Consent must be sought and gained for every sexual activity, and consent can be withdrawn at any stage of a sexual interaction. No-one can consent if they are too drunk to understand what is happening. Sex without consent is assault and it is a crime.

### SAFER COMMUNITIES @ MQ

Safer Communities @ MQ is a mandatory online course for Macquarie students. The course helps foster a safer environment by helping students understand important aspects of relationships.

All Macquarie staff and students can access and complete the Safer Communities @ MQ course on iLearn.

As a Macquarie student, you need to know this information to look after yourself and your friends.

### PARTY SAFE

Partying can be a massive part of the university experience – a way to have fun, make new friends and create new memories.

To stay safe while partying here are some tips, strategies and support to keep you safe and avoid unwanted situations.

### DRINK SAFE

In Australia, you may hear the term 'a standard drink'. A standard drink contains 10 grams of alcohol regardless of the size of the container (glass, bottle, can) or type of alcohol (beer, wine, spirit).

It is recommended to have only a maximum of 4 drinks a day. We know that when you go out partying you may drink more than this amount, so to ensure you stay safe you can:

- Stay hydrated by drinking a glass of water in between alcoholic drinks
- Make sure you eat before or during a big session
- Keep in touch with friends and be aware of how everyone in the group is doing

### BUILDING MEANINGFUL RELATIONSHIPS

Cultivating meaningful relationships is a crucial aspect of your university experience. Our diverse campus community offers numerous opportunities for students to connect, collaborate, and create lasting bonds. Engage with people from various backgrounds, join student clubs, peer support programs and attend campus events to broaden your horizons. Open and

honest communication is key; actively listen, show empathy, and engage in conversations with your peers. Study groups can be an excellent way to both enhance your academic understanding and build connections with classmates who share your interests. Remember, meaningful relationships take time to develop, so be patient and invest in these connections to make your time at Macquarie University even more enriching.

### 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 during business hours or 1800 CARE MQ (1800 227 367) after hours. To seek support, report a concern or report behaviour that is inappropriate or unwanted, contact the Student Care and Reporting Network via [mq.edu.au/support/care-reporting](https://mq.edu.au/support/care-reporting). You can report with your contact details or anonymously.

### OFF CAMPUS

- For emergency assistance, call Police, Fire or Ambulance on 000
- For confidential support, contact:
  - 1800RESPECT on 1800 737 732
  - MensLine on 1300 789 978
  - QLife LGBTIQA+ support on 1800 184 527



### REPORTING

You can report sexual assault or sexual harassment to the University or to NSW Police. When you report the incident, you will speak with someone who can offer you access to support and information and discuss options with you.

### REPORTING TO THE UNIVERSITY

You can report sexual misconduct to the University via the Inappropriate Behaviour online report at [students.mq.edu.au/support/care-reporting](https://students.mq.edu.au/support/care-reporting)

You can report anonymously or provide contact information. If you report anonymously, the University may be limited in what it can do to respond, and you will not know what action has been taken. Your report is confidential; information can only be shared from your report to respond to a risk of significant, imminent harm to you or another person

If you make a report and identify yourself, staff from Student Wellbeing will contact you (if you identify yourself) to provide information about safety, support and response options. Response options depend on the situation, and the needs of the person who has been affected by sexual misconduct.

### REPORTING TO THE POLICE

You can make a report to the NSW Police providing your details, or using a Sexual Assault Response Option form, which is anonymous (Google Sexual Assault Response Option form to find it).

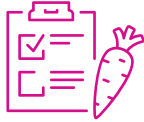
# Healthy eating on a budget (a guide)

As a student, you may know that managing your finances can be a challenge. But just because you're on a budget doesn't mean you have to compromise your health. With a little planning and creativity, you can eat healthy without breaking the bank. This guide is here to help you make nutritious food choices that are budget-friendly, so you can stay focused and energised throughout your academic journey.



## PLAN YOUR MEALS

One of the most effective ways to eat healthily on a budget is to plan your meals in advance. Create a weekly meal plan and make a shopping list based on that plan. This will help you avoid impulse purchases and ensure you buy only what you need.



## COOK AT HOME

Eating out can quickly drain your wallet and may not always be the healthiest option. Instead, try cooking at home. You can prepare large batches of meals and freeze portions for later use, saving both time and money.



## EMBRACE FROZEN FRUITS AND VEGETABLES

Fresh produce can be expensive, especially if it goes bad before you can use it. Frozen fruits and vegetables are a cost-effective alternative that maintains their nutritional value. They can be added to smoothies, stir-fries, and other dishes.



## BUY IN BULK

Consider buying staple items like rice, pasta, canned goods and frozen vegetables in bulk. Stores often offer discounts for larger quantities, and these items have a longer shelf life, so you won't have to worry about them going to waste.



## STAY HYDRATED

Water is essential for your health and can be obtained from the tap for free. Avoid spending money on sugary drinks and prioritise drinking water throughout the day.



## MAKE THE MOST OF LEFTOVERS

Don't let leftovers go to waste. Get creative with your meals by repurposing ingredients from previous dishes. For example, turn last night's chicken into a sandwich or a salad.



## CHOOSE AFFORDABLE PROTEINS

Proteins are essential for a balanced diet. Opt for budget-friendly sources such as canned tuna, eggs, beans, lentils and chicken thighs. These options provide essential nutrients without breaking the bank.



## SHOP SMART

Take advantage of discounts, coupons and loyalty programs offered by grocery stores. Look for generic or store-brand products, as they are often more affordable than name brands. Additionally, try to shop during sales and promotions to maximise your savings.



## PLAN FOR SNACKS

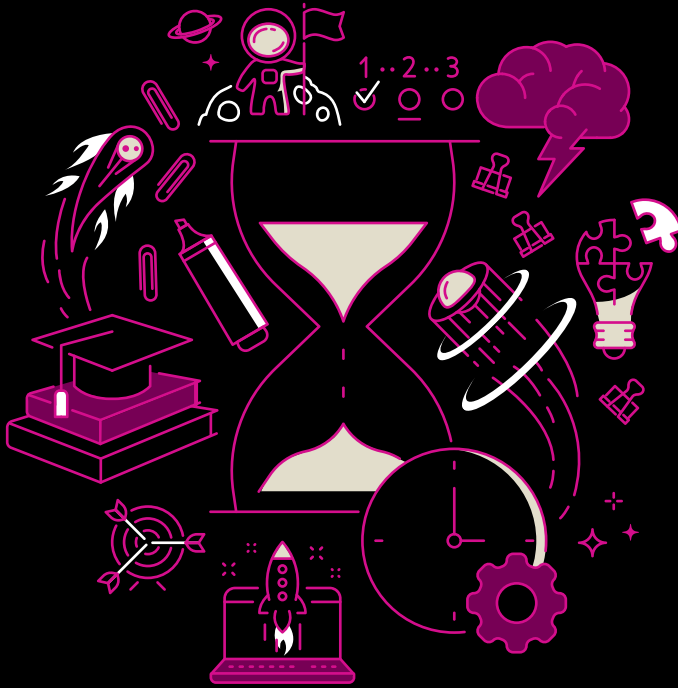
Instead of buying expensive snacks from vending machines or on campus, plan and pack your snacks. Portable and budget-friendly options include yogurt, nuts, fruit and homemade granola bars.



## LIMIT JUNK FOOD AND SUGARY DRINKS

Cutting back on snacks, sugary drinks and processed foods can free up your budget for healthier options. Not only will this save you money but it will also improve your overall health.





# GET ORGANISED

Key dates and the priority matrix

My 2024 goals

Yearly overview



# KEY DATES

## 2024 SESSION ACADEMIC CALENDAR

For students undertaking most undergraduate and postgraduate coursework degrees, including Open Universities Australia (OUA)



	Session 1	Session 2	Session 3
<b>Kickstart</b>	12 February	15 July	
<b>Classes start</b>	19 February	22 July	9 December
<b>Last date to enrol via eStudent</b>	3 March	4 August	15 December
<b>Census date (teaching census)</b>	16 March	16 August	19 December
<b>Mid-session break (recess)</b>	15 April – 28 April	16 September – 29 September	23 Dec – 1 Jan 2025
<b>Last withdrawal without fail</b>	28 April	28 September	27 December
<b>Classes resume</b>	29 April	30 September	2 January 2025
<b>Classes end</b>	2 June	3 November	19 January 2025
<b>Examinations</b>	3 June – 21 June	4 November – 22 November	20 Jan 2025 – 24 Jan 2025
<b>Results</b>	4 July	5 December	6 February 2025

For updated information, see [mq.edu.au/study/admissions-and-entry/calendar](https://mq.edu.au/study/admissions-and-entry/calendar)

\*Dates are correct as of printing October 2023.

# THE PRIORITY MATRIX FOR STUDY

## HOW DOES THE PRIORITY MATRIX WORK?

Try the Eisenhower Priority Matrix tool to help you rank the relative importance and time sensitivity of activities in your weekly schedule.

**IMPORTANT  
AND URGENT**

### TOP PRIORITY: DO THEM NOW

- Finalise your daily schedule
- Identify projects with deadlines
- Complete assignments due today
- Review readings for today's classes
- Help a friend with an assignment

**IMPORTANT  
NOT URGENT**

### SCHEDULE THESE IN YOUR DIARY

- Schedule activities for assignments due later on
- Consider what key skills will be useful
- Undertake exam revision
- Identify new opportunities

### DELEGATE (HAND OVER) ACTIVITIES THAT SOMEONE ELSE COULD DO BETTER THAN YOU

- Ask another group member to create the PowerPoint for the assignment (if you're not good at PowerPoint)

### AVOID ACTIVITIES THAT DON'T RELATE TO STUDY OR THAT DON'T HELP YOUR LEARNING

- Avoid this 'procrastination zone'
- Don't make your lecture notes look 'pretty'
- Don't read articles or websites not relevant to your study topic

**URGENT NOT  
IMPORTANT**

**NOT URGENT  
OR IMPORTANT**



Enter your details into our time management module for a personalised study plan that gives you time for what you have to do as well as what you want to do

GET ORGANISED





# MY 2024 GOALS

List down your goals for 2024 here.

Use the weekly habit tracker to help you stay on track.



HABIT TRACKER	M	T	W	T	F	S	S
<i>Exercise</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<i>Eat fruit</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



# YEAR PLANNER

## FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

## MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## JULY

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### STUDY PERIODS\*

- Session 1 starts: 19 February
- Session 2 starts: 22 July
- Session 3 starts: 9 December

\*Some courses have different study periods, refer to the key dates.



- ☆ Kickstart
- ☆ Last withdrawal without fail
- ☆ Results
- ☆ Public Holidays

- Classes start
- Classes resume
- Classes end
- Examinations

- Census date (Teaching census)
- Last date to enrol via eStudent
- Mid-session break (recess)

### APRIL

### MAY

MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
1☆	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25☆	26	27	28☆	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

### AUGUST

### SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25							
26	27	28	29	30	31								
							16	17	18	19	20	21	22
							23	24	25	26	27	28☆	29
							30						

### DECEMBER

### JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	
						1				1☆	2	3	4	5
2	3	4	5☆	6	7	8	6	7	8	9	10	11	12	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	
16	17	18	19	20	21	22								
23	24	25☆	26☆	27	28☆	29	20	21	22	23	24	25	26	
30	31						27	28	29	30	31			

#### SYDNEY PUBLIC HOLIDAYS 2024

Monday 1 January – New Years Day  
 Friday 26 January – Australia Day  
 Friday 29 March – Good Friday  
 Saturday 30 March – Easter Saturday  
 Sunday 31 March – Easter Sunday

Monday 1 April – Easter Monday  
 Thursday 25 April – Anzac Day  
 Monday 10 June – King's Birthday  
 Monday 7 October – Labour Day  
 Wednesday 25 December – Christmas Day  
 Thursday 26 December – Boxing Day

# BUDGET



Savings goal

\_\_\_\_\_



## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

## Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Fixed expenses

DATE	DESCRIPTION	AMOUNT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Other expenses

DATE	DESCRIPTION	BUDGET	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Total**

\_\_\_\_\_

TOTAL INCOME

-

\_\_\_\_\_

TOTAL EXPENSES

=

\_\_\_\_\_

SAVINGS

# FEBRUARY

THU 1

FRI 2

SAT 3

SUN 4

MON 5

TUE 6

WED 7

THU 8

FRI 9

SAT 10

SUN 11

MON 12

TUE 13

WED 14

THU 15

FRI 16

SAT 17

SUN 18

MON 19

TUE 20

WED 21

THU 22

FRI 23

SAT 24

SUN 25

MON 26

TUE 27

WED 28

THU 29



**LUNAR  
NEW YEAR**  
10 Sunday



**KICKSTART**  
12 Monday –  
16 Friday



**VALENTINE'S  
DAY**  
14 Wednesday



**MARDI GRAS**  
16 Friday –  
3 Sunday (March)



**SESSION 1  
CLASSES START**  
19 Tuesday

# WHERE'S WALLY

Visit the designated locations and find the miniature Macquarie Kickstart astronaut. Attached to each astronaut is a unique stamp. As you find these astronauts, be sure to stamp your diary at each location. To help you in your quest, use the map at the back of this diary to locate each spot.

**SERVICE**  
Learning Connect

**BUILDING**  
18 Wally's Walk

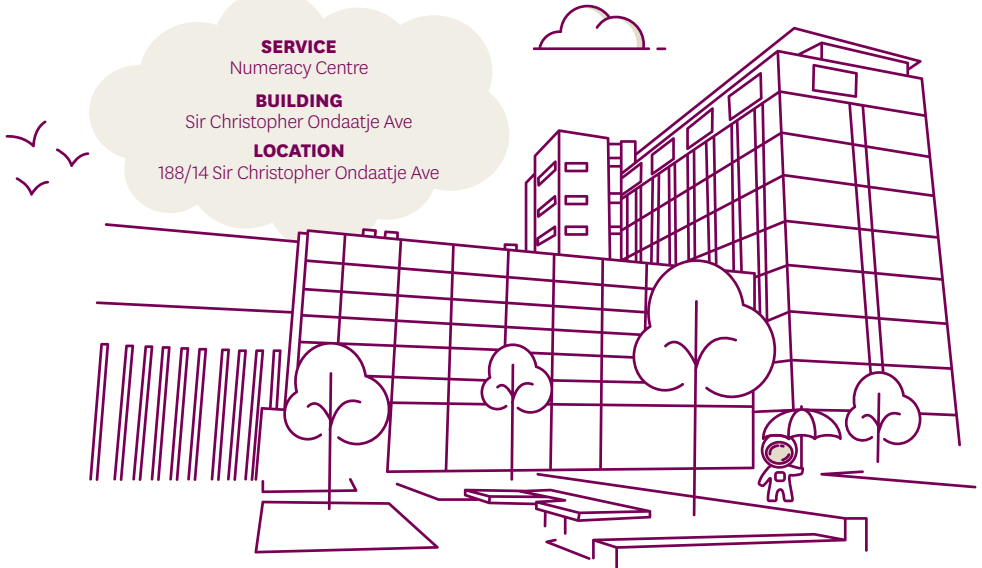
**LOCATION ADDRESS**  
18 Wally's Walk, Ground Level



**SERVICE**  
Numeracy Centre

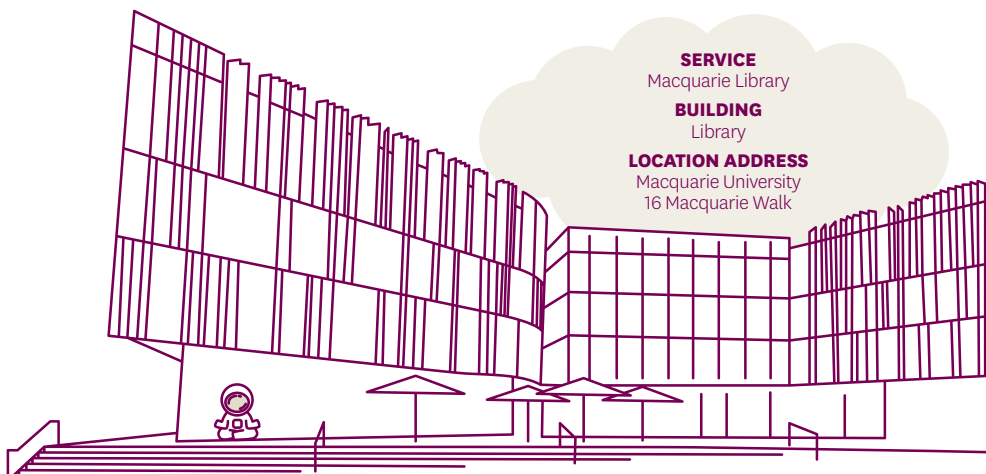
**BUILDING**  
Sir Christopher Ondaatje Ave

**LOCATION**  
188/14 Sir Christopher Ondaatje Ave



*"Every person you meet knows something you don't; learn from them."*

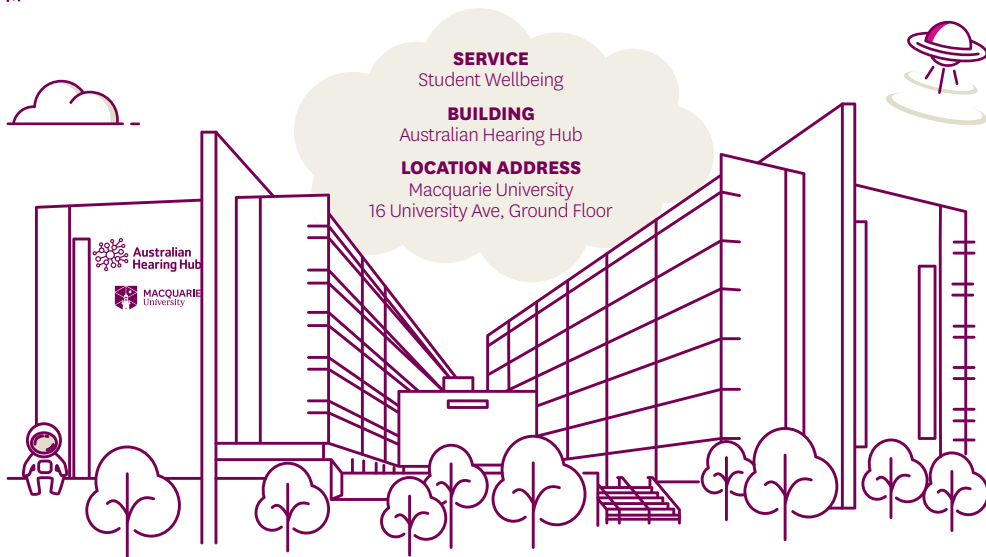
H Jackson Brown Jr



**SERVICE**  
Macquarie Library

**BUILDING**  
Library

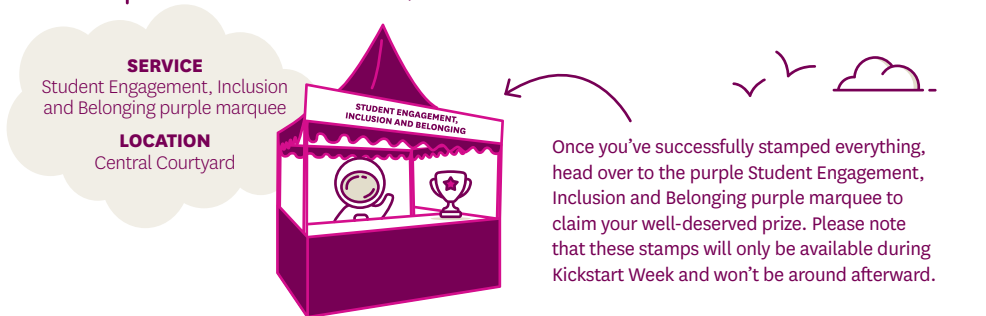
**LOCATION ADDRESS**  
Macquarie University  
16 Macquarie Walk



**SERVICE**  
Student Wellbeing

**BUILDING**  
Australian Hearing Hub

**LOCATION ADDRESS**  
Macquarie University  
16 University Ave, Ground Floor



**SERVICE**  
Student Engagement, Inclusion  
and Belonging purple marquee

**LOCATION**  
Central Courtyard

Once you've successfully stamped everything, head over to the purple Student Engagement, Inclusion and Belonging purple marquee to claim your well-deserved prize. Please note that these stamps will only be available during Kickstart Week and won't be around afterward.

29  
Monday

---

30  
Tuesday

---

31  
Wednesday

---

1  
Thursday



## HABIT TRACKER

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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5  
Monday

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6  
Tuesday

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7  
Wednesday

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8  
Thursday

9

Friday

10

Saturday

11

Sunday

## HABIT TRACKER

M	T	W	T	F	S	S
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12  
Monday

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13  
Tuesday

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14  
Wednesday

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15  
Thursday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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19  
Monday

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20  
Tuesday

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21  
Wednesday

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22  
Thursday

**HABIT TRACKER**

<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
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# BUDGET



Savings goal

\_\_\_\_\_



## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

## Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Fixed expenses

DATE	DESCRIPTION	AMOUNT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Other expenses

DATE	DESCRIPTION	BUDGET	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Total**

\_\_\_\_\_

TOTAL INCOME

-

\_\_\_\_\_

TOTAL EXPENSES

=

\_\_\_\_\_

SAVINGS



# MARCH

**FRI** 1

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**SAT** 2

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**SUN** 3

---

**MON** 4

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**TUE** 5

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**WED** 6

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**THU** 7

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**FRI** 8

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**SAT** 9

---

**SUN** 10

---

**MON** 11

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**TUE** 12

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**WED** 13

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**THU** 14

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**FRI** 15

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**SAT** 16

---

**SUN** 17

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**MON** 18

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**TUE** 19

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**WED** 20

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**THU** 21

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**FRI** 22

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**SAT** 23

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**SUN** 24

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**MON** 25

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**TUE** 26

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**WED** 27

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**THU** 28

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**FRI** 29

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**SAT** 30

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**SUN** 31

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**CLEAN UP AUSTRALIA DAY**  
3 Sunday



**INTERNATIONAL WOMEN'S DAY**  
8 Friday



**RAMADAN BEGINS**  
10 Sunday



**HARMONY DAY**  
21 Thursday



**EASTER HOLIDAYS**  
29 Friday –  
1 Monday (April)

# COMIC CREATIONS

Choose a prompt or create your own and share your comic on Instagram using **#MQ2024Comic** for a chance to win one of twelve hoodies!



## 'The Time-Traveling Lecture Hall'

Explore the chaos that ensues when Macquarie Theatre becomes a portal to different historical eras, with students and academics caught in the mix.



## 'Super Prof vs Evil Procrastinator'

Create a showdown between a superhero professor and a student's arch-nemesis, Evil Procrastinator, in the battle for productivity.



## Or, make your own!

Title: \_\_\_\_\_

Description: \_\_\_\_\_

\_\_\_\_\_



*"I never look back Darling, it distracts from the now."*

Edna Mode, *The Incredibles*



26  
Monday

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27  
Tuesday

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28  
Wednesday

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29  
Thursday

1

Friday

---

2

Saturday

---

3

Sunday

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## HABIT TRACKER

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4  
Monday

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5  
Tuesday

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6  
Wednesday

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7  
Thursday

**HABIT TRACKER**

M	T	W	T	F	S	S
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**11**  
Monday

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**12**  
Tuesday

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**13**  
Wednesday

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**14**  
Thursday



15  
Friday

16  
Saturday

17  
Sunday

**HABIT TRACKER**

M	T	W	T	F	S	S
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18  
Monday

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19  
Tuesday

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20  
Wednesday

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21  
Thursday

22  
Friday

23  
Saturday

24  
Sunday

**HABIT TRACKER**

M	T	W	T	F	S	S
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25  
Monday

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26  
Tuesday

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27  
Wednesday

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28  
Thursday

29  
Friday

Good Friday

30  
Saturday

Easter Saturday

Easter Sunday

31  
Sunday

## HABIT TRACKER

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# BUDGET



Savings goal

\_\_\_\_\_



## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

## Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Fixed expenses

DATE	DESCRIPTION	AMOUNT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Other expenses

DATE	DESCRIPTION	BUDGET	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total



\_\_\_\_\_

TOTAL INCOME

-

\_\_\_\_\_

TOTAL EXPENSES

=

\_\_\_\_\_

SAVINGS

# APRIL

**MON** 1

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**TUE** 2

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**WED** 3

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**THU** 4

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**FRI** 5

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**SAT** 6

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**SUN** 7

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**MON** 8

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**TUE** 9

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**WED** 10

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**THU** 11

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**FRI** 12

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**SAT** 13

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**SUN** 14

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**MON** 15

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**TUE** 16

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**WED** 17

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**THU** 18

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**FRI** 19

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**SAT** 20

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**SUN** 21

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**MON** 22

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**TUE** 23

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**WED** 24

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**THU** 25

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**FRI** 26

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**SAT** 27

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**SUN** 28

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**MON** 29

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**TUE** 30

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**APRIL FOOLS  
DAY**

1 Monday



**WORLD AUTISM  
AWARENESS DAY**

2 Tuesday



**EARTH  
DAY**

22 Monday



**ANZAC  
DAY**

25 Thursday

# GOOD HABITS CHALLENGE

Be your best self, take inspiration from the healthy habits challenge and smash your goals!



## DAY 1

Begin your day with a moment of mindful breathing and a 10-minute meditation session



## DAY 2

Embrace a screen-free evening by avoiding digital screens for at least 2 hours before bedtime



## DAY 3

Write down three things you are grateful for



## DAY 4

Challenge yourself to a caffeine-free day



## DAY 5

Replace sugary drinks with water or soothing herbal tea



## DAY 6

Reconnect with someone you haven't spoken to in a while



## DAY 7

Savour a healthy dessert



## DAY 8

Soak up some sunshine – apply sunscreen and get your dose of Vitamin D



## DAY 9

Say no to fast food for the day



## DAY 10

Check in with your mental health and well-being



## DAY 11

Stay hydrated and drink at least 8 cups of water throughout the day



## DAY 12

Dedicate time to stretching and feeling your best



## DAY 13

Pay it forward – perform a kind gesture for someone you know



## DAY 14

Choose fruit over chocolate today



## DAY 15

Play an upbeat song to boost your mood and energy



*"A healthy outside starts from the inside."*

Robert Ulrich



**DAY 16**

Sleep for  
7 hours tonight



**DAY 17**

Compliment  
at least 3 people



**DAY 18**

Smash your workout goals  
– do something active today



**DAY 19**

Self-care Day!  
Do something nice for yourself today



**DAY 20**

Volunteer at a  
local organisation or charity



**DAY 21**

Celebrate your success!  
What did you accomplish today?



**DAY 22**

Are you eating well?  
Boost your nutrition by adding  
extra veggies to your meals



**DAY 23**

Text a friend something  
that made you  
laugh today



**DAY 24**

Surprise someone with  
a bouquet of flowers



**DAY 25**

Lend a hand with  
household chores



**DAY 26**

Learn a new word and share it  
with someone you know



**DAY 27**

Organise a space in your  
home that needs attention



**DAY 28**

Contribute to the  
environment by planting  
a flower or a tree



**DAY 29**

Go meat-free  
for the day and explore  
vegetarian options



**DAY 30**

Perform 3 random act of  
kindness for strangers to  
spread positivity and goodwill

**1**  
Monday

Easter Monday

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**2**  
Tuesday

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**3**  
Wednesday

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**4**  
Thursday

**HABIT TRACKER**

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
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**8**  
Monday

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**9**  
Tuesday

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**10**  
Wednesday

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**11**  
Thursday

**HABIT TRACKER**

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**15**  
Monday

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**16**  
Tuesday

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**17**  
Wednesday

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**18**  
Thursday

**HABIT TRACKER**

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
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**22**  
Monday

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**23**  
Tuesday

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**24**  
Wednesday

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**25**  
Thursday



**HABIT TRACKER**

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# BUDGET



Savings goal

\_\_\_\_\_



## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

## Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Fixed expenses

DATE	DESCRIPTION	AMOUNT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Other expenses

DATE	DESCRIPTION	BUDGET	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Total** 

\_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_

TOTAL INCOME                      TOTAL EXPENSES                      SAVINGS

# MAY

WED 1

THU 2

FRI 3

SAT 4

SUN 5

MON 6

TUE 7

WED 8

THU 9

FRI 10

SAT 11

SUN 12

MON 13

TUE 14

WED 15

THU 16

FRI 17

SAT 18

SUN 19

MON 20

TUE 21

WED 22

THU 23

FRI 24

SAT 25

SUN 26

MON 27

TUE 28

WED 29

THU 30

FRI 31



**CINCO DE MAYO**  
5 Sunday



**MOTHERS DAY**  
12 Sunday



**IDAHOBIT**  
17 Friday



**VIVID**  
25 Saturday



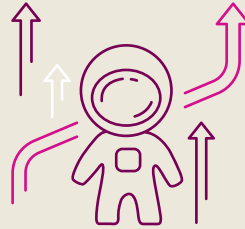
**NATIONAL SORRY DAY**  
26 Sunday

# QUESTION CORNER

Reflect on each of the following questions and provide your honest and thoughtful responses.



**1** Imagine you're on a deserted island. You can bring three books, three songs and three foods. What are your choices?



**2** What's a skill or hobby you've always wanted to learn but haven't had the chance to pursue yet?



**3** If you could have a 30-minute conversation with your future self, what would you ask?



29  
Monday

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30  
Tuesday

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1  
Wednesday

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2  
Thursday

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**HABIT TRACKER**

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6  
Monday

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7  
Tuesday

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8  
Wednesday

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9  
Thursday



**HABIT TRACKER**

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13  
Monday

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14  
Tuesday

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15  
Wednesday

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16  
Thursday

**HABIT TRACKER**

M	T	W	T	F	S	S
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20  
Monday

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21  
Tuesday

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22  
Wednesday

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23  
Thursday

**HABIT TRACKER**

M	T	W	T	F	S	S
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# BUDGET



Savings goal

\_\_\_\_\_



## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

## Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Fixed expenses

DATE	DESCRIPTION	AMOUNT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Other expenses

DATE	DESCRIPTION	BUDGET	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Total** 

\_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_

TOTAL INCOME                      TOTAL EXPENSES                      SAVINGS

# JUNE

**SAT** 1

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**SUN** 2

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**MON** 3

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**TUE** 4

---

**WED** 5

---

**THU** 6

---

**FRI** 7

---

**SAT** 8

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**SUN** 9

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**MON** 10

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**TUE** 11

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**WED** 12

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**THU** 13

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**FRI** 14

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**SAT** 15

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**SUN** 16

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**MON** 17

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**TUE** 18

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**WED** 19

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**THU** 20

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**FRI** 21

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**SAT** 22

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**SUN** 23

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**MON** 24

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**TUE** 25

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**WED** 26

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**THU** 27

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**FRI** 28

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**SAT** 29

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**SUN** 30

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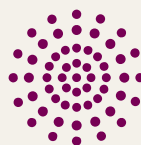
**MABO DAY**  
3 Monday



**WORLD ENVIRONMENT DAY**  
5 Wednesday



**KINGS BIRTHDAY (PUBLIC HOLIDAY)**  
12 Monday



**REFUGEE WEEK**  
16 Sunday –  
22 Saturday



**WINTER SOLSTICE**  
21 Friday

# MINDFUL COLOURING IN

Express your creativity through mindful colouring in. Use the provided colouring templates to fill in the designs with your favourite colours.







*"Now, you might not feel like you can do much now, but that's just because, well, you're not a tree yet. You just have to give yourself some time. You're still a seed."*

Flik, A Bug's Life



27  
Monday

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28  
Tuesday

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29  
Wednesday

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30  
Thursday

31  
Friday

1  
Saturday

2  
Sunday

**HABIT TRACKER**

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**3**  
Monday

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**4**  
Tuesday

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**5**  
Wednesday

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**6**  
Thursday

**HABIT TRACKER**

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**10**  
Monday

King's Birthday

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**11**  
Tuesday

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**12**  
Wednesday

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**13**  
Thursday

14  
Friday

15  
Saturday

16  
Sunday

**HABIT TRACKER**

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**17**  
Monday

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**18**  
Tuesday

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**19**  
Wednesday

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**20**  
Thursday



21  
Friday

22  
Saturday

23  
Sunday

**HABIT TRACKER**

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**24**  
Monday

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**25**  
Tuesday

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**26**  
Wednesday

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**27**  
Thursday

**HABIT TRACKER**

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# BUDGET



Savings goal

\_\_\_\_\_



## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

## Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Fixed expenses

DATE	DESCRIPTION	AMOUNT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Other expenses

DATE	DESCRIPTION	BUDGET	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Total** 

\_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_

TOTAL INCOME TOTAL EXPENSES SAVINGS

# JULY

**MON** 1

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**TUE** 2

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**WED** 3

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**THU** 4

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**FRI** 5

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**SAT** 6

---

**SUN** 7

---

**MON** 8

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**TUE** 9

---

**WED** 10

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**THU** 11

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**FRI** 12

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**SAT** 13

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**SUN** 14

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**MON** 15

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**TUE** 16

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**WED** 17

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**THU** 18

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**FRI** 19

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**SAT** 20

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**SUN** 21

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**MON** 22

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**TUE** 23

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**WED** 24

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**THU** 25

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**FRI** 26

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**SAT** 27

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**SUN** 28

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**MON** 29

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**TUE** 30

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**WED** 31

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**HIJRI NEW YEAR**  
6 Saturday – 7 Sunday



**NAIDOC WEEK**  
7 Sunday – 14 Sunday



**KICKSTART**  
15 Monday – 19 Friday



**SESSION 2 CLASSES START**  
22 Monday

# DRY JULY

Join the challenge and abstain from drinking for the month of July!  
Feel great and raise awareness for people affected by cancer.

Learn more here: [dryjuly.com/about](https://dryjuly.com/about)



## How I feel ... **BEFORE** my Dry July

I **feel**

I **think**

Right now, I'd like to do **more**

Right now, I'd like to do **less**

My **biggest challenge** with Dry July will be ...



*"The first wealth is health."*  
Ralph Waldo Emerson

## How I feel ... **AFTER** my Dry July

I feel

I think

I'm doing **more**

I'm doing **less**

The **best part** of Dry July for me was ...

**Next Dry July**, I should ...

**1**  
Monday

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**2**  
Tuesday

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**3**  
Wednesday

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**4**  
Thursday



**HABIT TRACKER**

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**8**  
Monday

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**9**  
Tuesday

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**10**  
Wednesday

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**11**  
Thursday

**HABIT TRACKER**

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**15**  
Monday

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**16**  
Tuesday

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**17**  
Wednesday

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**18**  
Thursday

19  
Friday

20  
Saturday

21  
Sunday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**22**  
Monday

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**23**  
Tuesday

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**24**  
Wednesday

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**25**  
Thursday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# BUDGET



Savings goal

\_\_\_\_\_



## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

## Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Fixed expenses

DATE	DESCRIPTION	AMOUNT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Other expenses

DATE	DESCRIPTION	BUDGET	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Total** 

\_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_

TOTAL INCOME                      TOTAL EXPENSES                      SAVINGS



# AUGUST

THU 1

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FRI 2

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SAT 3

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SUN 4

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MON 5

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TUE 6

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WED 7

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THU 8

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FRI 9

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SAT 10

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SUN 11

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MON 12

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TUE 13

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WED 14

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THU 15

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FRI 16

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SAT 17

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SUN 18

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MON 19

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TUE 20

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WED 21

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THU 22

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FRI 23

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SAT 24

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SUN 25

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MON 26

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TUE 27

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WED 28

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THU 29

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FRI 30

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SAT 31

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**CITY2SURF**  
11 Sunday



**INTERNATIONAL  
YOUTH DAY**  
12 Monday



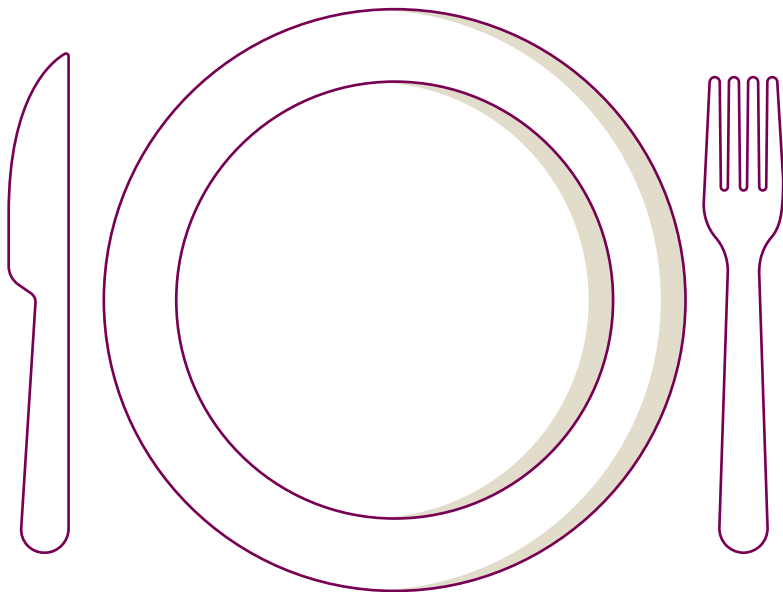
**WOMEN'S  
EQUALITY DAY**  
26 Monday



**CHERRY BLOSSOM  
FESTIVAL**

# THE ULTIMATE RECIPE

Cooking for yourself can be hard. Join our community of culinary stars and share your go-to recipe! Draw your dish on the plate below.



Name of dish: \_\_\_\_\_

Servings: \_\_\_\_\_

\_\_\_\_\_

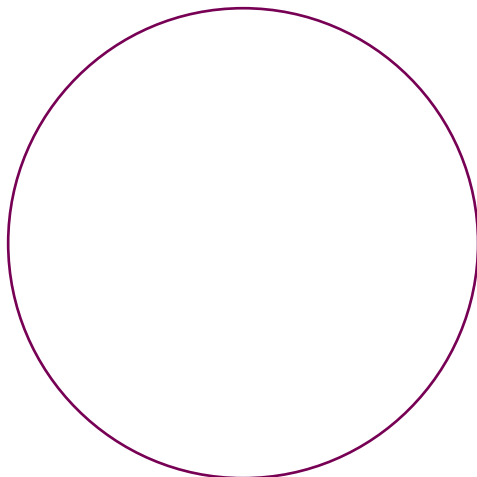
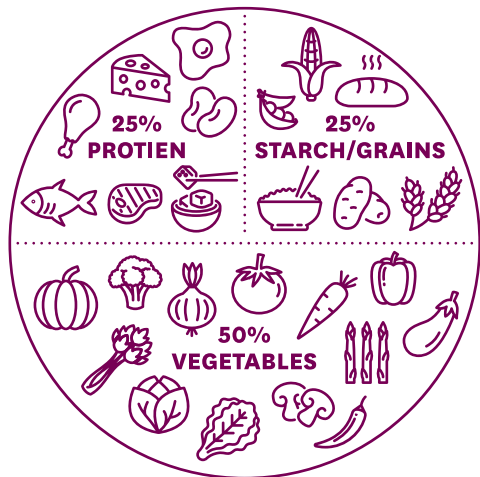
Prep time: \_\_\_\_\_

\_\_\_\_\_

Cook time: \_\_\_\_\_

Food group portions:

Draw your food portions below:





*“Not everyone can become a great artist,  
but a great artist can come from anywhere.”*

Anton Ego, Ratatouille



Method or directions/recipe steps:

Notes:

Scan the QR code to  
feature your recipe in the  
Macquarie Grapeshot  
Cookbook



29  
Monday

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30  
Tuesday

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31  
Wednesday

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1  
Thursday

## HABIT TRACKER

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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5  
Monday

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6  
Tuesday

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7  
Wednesday

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8  
Thursday

**HABIT TRACKER**

M	T	W	T	F	S	S
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12  
Monday

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13  
Tuesday

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14  
Wednesday

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15  
Thursday



**HABIT TRACKER**

M	T	W	T	F	S	S
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

19  
Monday

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20  
Tuesday

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21  
Wednesday

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22  
Thursday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# BUDGET



Savings goal

\_\_\_\_\_



## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

## Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Fixed expenses

DATE	DESCRIPTION	AMOUNT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Other expenses

DATE	DESCRIPTION	BUDGET	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Total**

\_\_\_\_\_

TOTAL INCOME

-

\_\_\_\_\_

TOTAL EXPENSES

=

\_\_\_\_\_

SAVINGS

# SEPTEMBER

**SUN** 1

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**MON** 2

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**TUE** 3

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**WED** 4

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**THU** 5

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**FRI** 6

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**SAT** 7

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**SUN** 8

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**MON** 9

---

**TUE** 10

---

**WED** 11

---

**THU** 12

---

**FRI** 13

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**SAT** 14

---

**SUN** 15

---

**MON** 16

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**TUE** 17

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**WED** 18

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**THU** 19

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**FRI** 20

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**SAT** 21

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**SUN** 22

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**MON** 23

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**TUE** 24

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**WED** 25

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**THU** 26

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**FRI** 27

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**SAT** 28

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**SUN** 29

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**MON** 30

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**FATHER'S DAY**  
1 Sunday



**R U OK DAY**  
12 Thursday

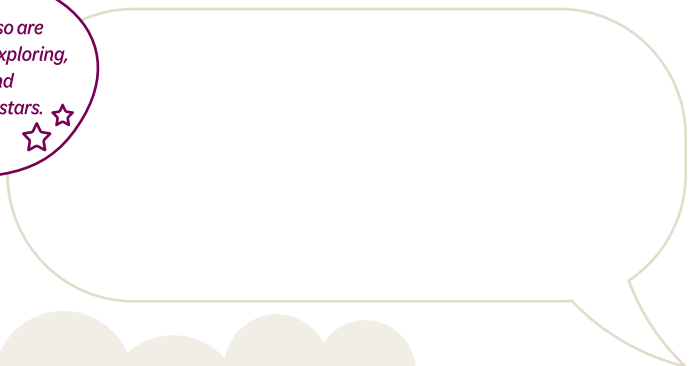


**MID-AUTUMN FESTIVAL**  
17 Tuesday

# MEANINGFUL MESSAGES

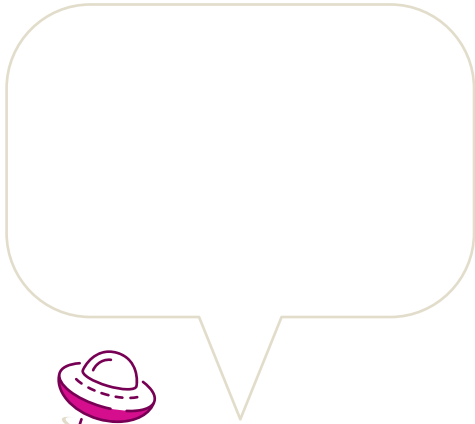
Spend the month filling this page with meaningful messages from yourself or other people.

*Space is infinite, and so are  
your possibilities. Keep exploring,  
keep dreaming and  
keep reaching for the stars.*





*"You're braver than you believe, and stronger than you seem, and smarter than you think."*  
Christopher Robin, Winnie the Pooh



26  
Monday

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27  
Tuesday

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28  
Wednesday

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29  
Thursday



30  
Friday

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31  
Saturday

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1  
Sunday

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## HABIT TRACKER

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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2  
Monday

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3  
Tuesday

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4  
Wednesday

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5  
Thursday

6

Friday

7

Saturday

8

Sunday

## HABIT TRACKER

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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9  
Monday

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10  
Tuesday

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11  
Wednesday

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12  
Thursday

13

Friday

14

Saturday

15

Sunday

## HABIT TRACKER

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**16**  
Monday

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**17**  
Tuesday

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**18**  
Wednesday

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**19**  
Thursday

20  
Friday

21  
Saturday

22  
Sunday

## HABIT TRACKER

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

23  
Monday

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24  
Tuesday

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25  
Wednesday

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26  
Thursday



27

Friday

28

Saturday

29

Sunday

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**HABIT TRACKER**

<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# BUDGET



Savings goal

\_\_\_\_\_



## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

## Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Fixed expenses

DATE	DESCRIPTION	AMOUNT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Other expenses

DATE	DESCRIPTION	BUDGET	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total



\_\_\_\_\_

TOTAL INCOME

-

\_\_\_\_\_

TOTAL EXPENSES

=

\_\_\_\_\_

SAVINGS

# OCTOBER

TUE 1

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WED 2

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THU 3

---

FRI 4

---

SAT 5

---

SUN 6

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MON 7

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TUE 8

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WED 9

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THU 10

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FRI 11

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SAT 12

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SUN 13

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MON 14

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TUE 15

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WED 16

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THU 17

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FRI 18

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SAT 19

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SUN 20

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MON 21

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TUE 22

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WED 23

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THU 24

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FRI 25

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SAT 26

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SUN 27

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MON 28

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TUE 29

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WED 30

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THU 31

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**LABOUR DAY**  
7 Monday



**WORLD MENTAL  
HEALTH DAY**  
10 Thursday



**YOM KIPPUR**  
11 Friday –  
12 Saturday

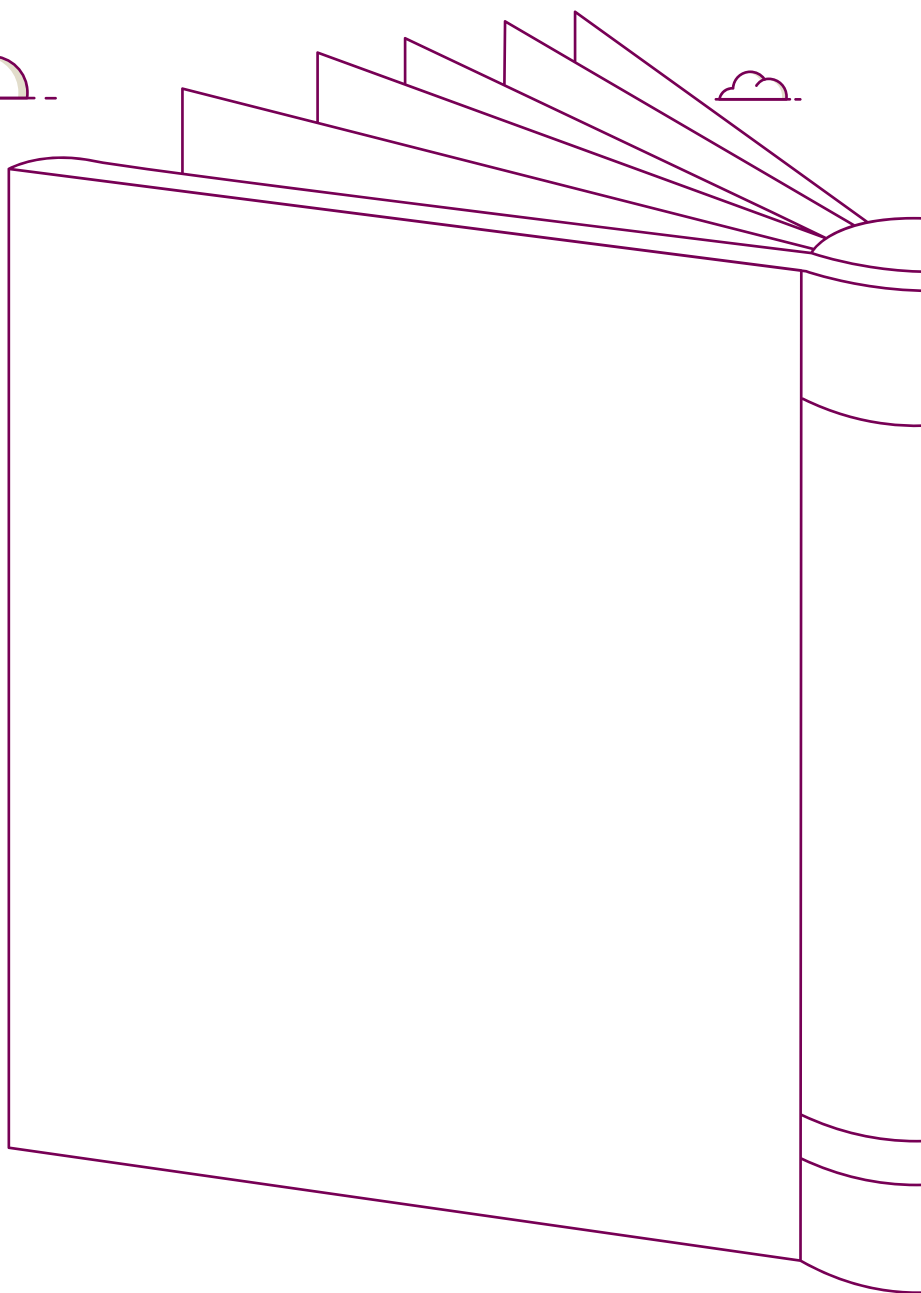


**HALLOWEEN**  
31 Thursday

# DREAM BOOK COVERS

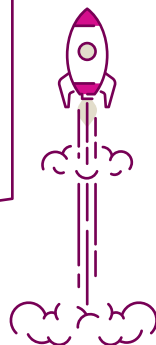
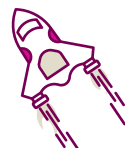
Get creative with these book cover templates!

Design your own book cover that reflects your hopes and dreams so far.





*"You and I are a team.  
There is nothing more important than our friendship."*  
Mike Wazowski, Monsters Inc



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**30**  
Monday

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**1**  
Tuesday

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**2**  
Wednesday

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**3**  
Thursday

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Friday

5

Saturday

6

Sunday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**7**  
Monday

Labour Day

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**8**  
Tuesday

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**9**  
Wednesday

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**10**  
Thursday



11  
Friday

12  
Saturday

13  
Sunday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**14**  
Monday

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**15**  
Tuesday

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**16**  
Wednesday

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**17**  
Thursday

18  
Friday

19  
Saturday

20  
Sunday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**21**  
Monday

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**22**  
Tuesday

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**23**  
Wednesday

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**24**  
Thursday

25

Friday

26

Saturday

27

Sunday

**HABIT TRACKER**

**M T W T F S S**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# BUDGET



Savings goal

\_\_\_\_\_



## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

## Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Fixed expenses

DATE	DESCRIPTION	AMOUNT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Other expenses

DATE	DESCRIPTION	BUDGET	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Total**

\_\_\_\_\_

TOTAL INCOME

-

\_\_\_\_\_

TOTAL EXPENSES

=

\_\_\_\_\_

SAVINGS

# NOVEMBER



**FRI** 1

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**SAT** 2

---

**SUN** 3

---

**MON** 4

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**TUE** 5

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**WED** 6

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**THU** 7

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**FRI** 8

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**SAT** 9

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**SUN** 10

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**MON** 11

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**TUE** 12

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**WED** 13

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**THU** 14

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**FRI** 15

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**SAT** 16

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**SUN** 17

---

**MON** 18

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**TUE** 19

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**WED** 20

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**THU** 21

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**FRI** 22

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**SAT** 23

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**SUN** 24

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**MON** 25

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**TUE** 26

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**WED** 27

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**THU** 28

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**FRI** 29

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**SAT** 30

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**DIWALI**  
1 Friday



**REMEMBRANCE DAY**  
11 Monday

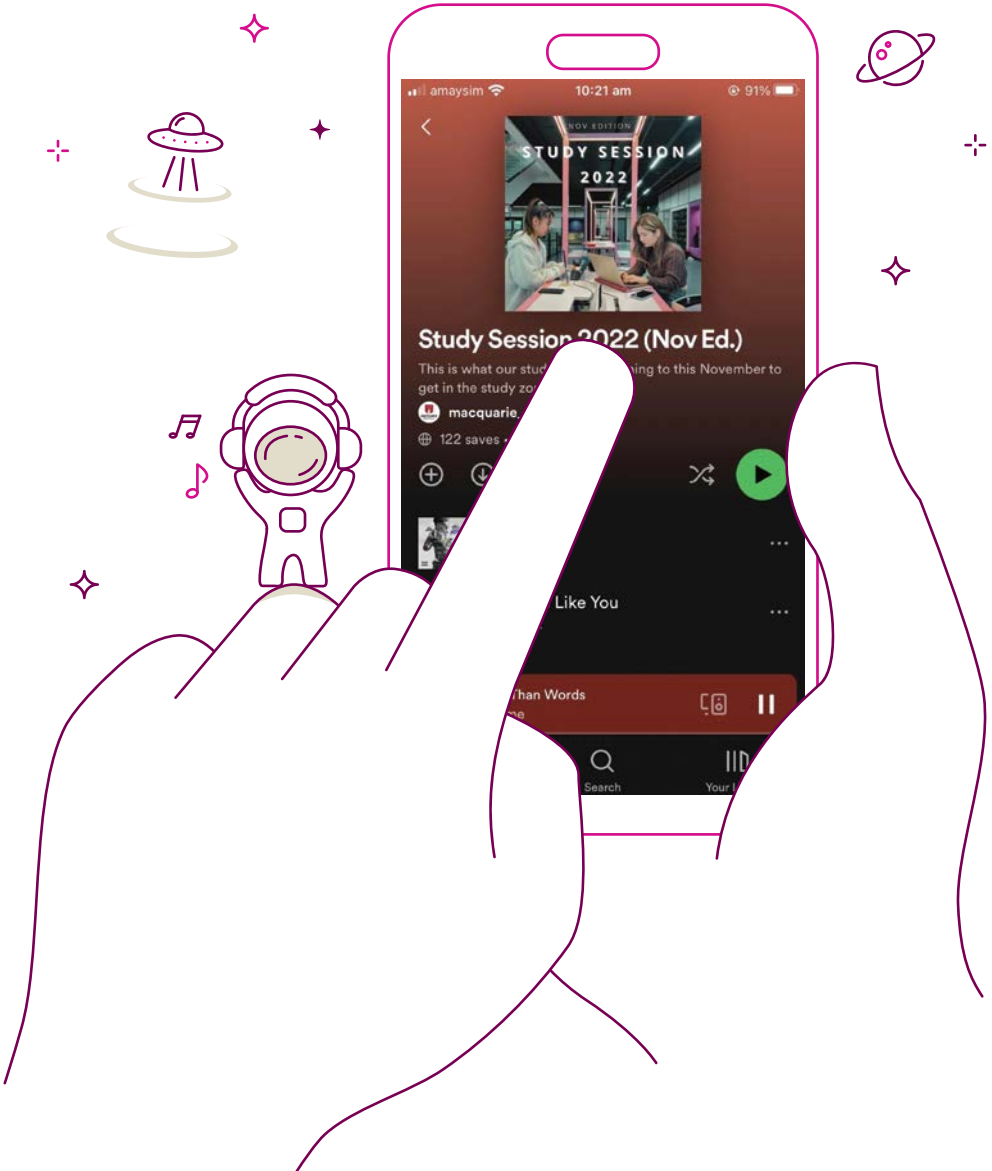


**MOVEMBER**  
1 Friday – 30 Saturday

# SPOTIFY PLAYLIST TO DESTRESS FOR SUCCESS



Build your own exam Spotify playlist here. Keep an eye out on our Instagram page (@macquarieuni) during exam week to share your songs for 2024 Destress for Success.







**28**  
Monday

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**29**  
Tuesday

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**30**  
Wednesday

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**31**  
Thursday

1

Friday

2

Saturday

3

Sunday

## HABIT TRACKER

M	T	W	T	F	S	S
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**4**  
Monday

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**5**  
Tuesday

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**6**  
Wednesday

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**7**  
Thursday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**11**  
Monday

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**12**  
Tuesday

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**13**  
Wednesday

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**14**  
Thursday

15  
Friday

16  
Saturday

17  
Sunday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**18**  
Monday

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**19**  
Tuesday

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**20**  
Wednesday

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**21**  
Thursday



22  
Friday

23  
Saturday

24  
Sunday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# BUDGET



Savings goal

\_\_\_\_\_



## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

## Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Fixed expenses

DATE	DESCRIPTION	AMOUNT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Other expenses

DATE	DESCRIPTION	BUDGET	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total



\_\_\_\_\_

TOTAL INCOME

-

\_\_\_\_\_

TOTAL EXPENSES

=

\_\_\_\_\_

SAVINGS

# DECEMBER

**SUN** 1

---

**MON** 2

---

**TUE** 3

---

**WED** 4

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**THU** 5

---

**FRI** 6

---

**SAT** 7

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**SUN** 8

---

**MON** 9

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**TUE** 10

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**WED** 11

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**THU** 12

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**FRI** 13

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**SAT** 14

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**SUN** 15

---

**MON** 16

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**TUE** 17

---

**WED** 18

---

**THU** 19

---

**FRI** 20

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**SAT** 21

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**SUN** 22

---

**MON** 23

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**TUE** 24

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**WED** 25

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**THU** 26

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**FRI** 27

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**SAT** 28

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**SUN** 29

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**MON** 30

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**TUE** 31

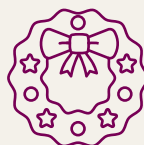
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**INTERNATIONAL  
DAY OF PERSONS  
WITH DISABILITY**  
3 Tuesday



**SESSION 3  
CLASSES START**  
9 Monday



**CHRISTMAS  
DAY**  
25 Wednesday



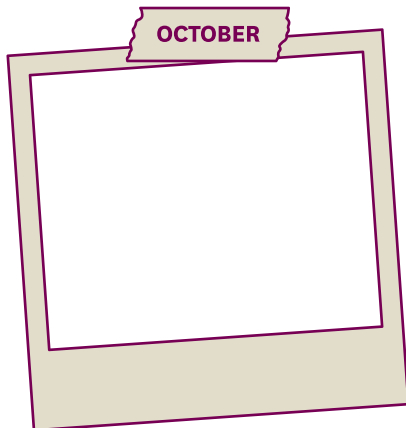
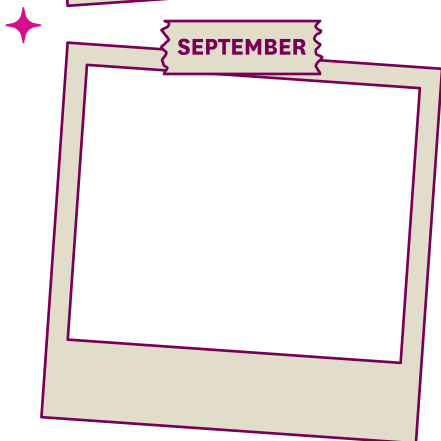
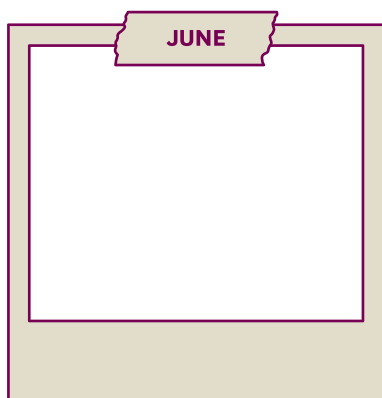
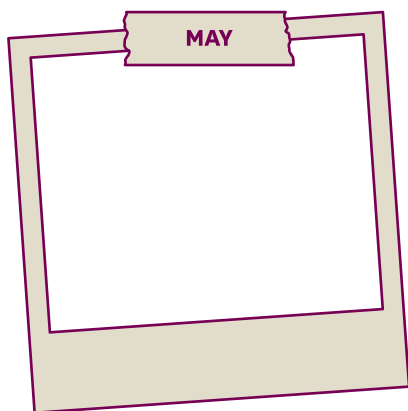
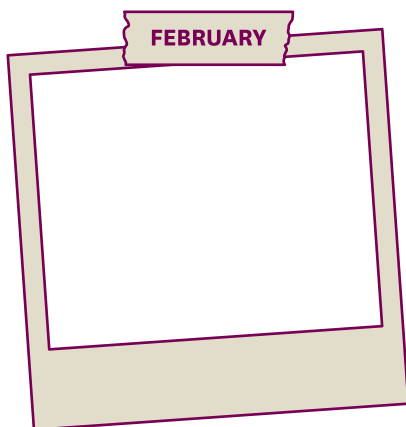
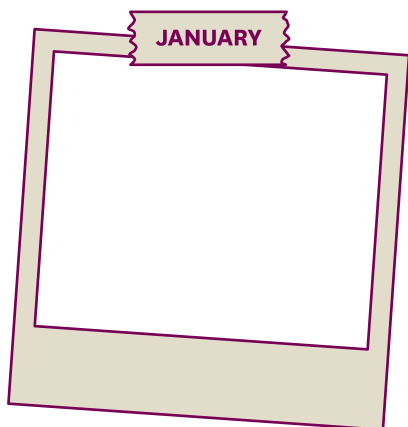
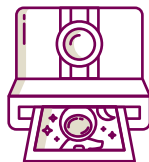
**HANUKKAH**  
25 Wednesday –  
2 Thursday (January)



**NEW YEARS  
EVE**  
31 Tuesday

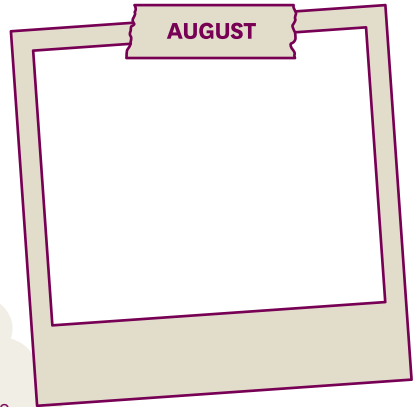
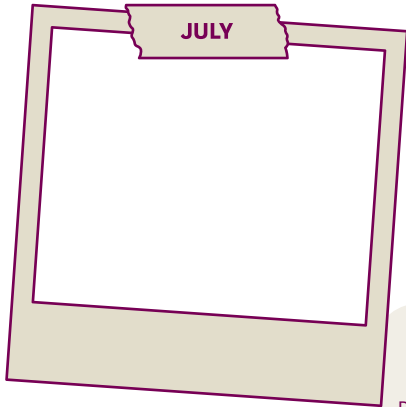
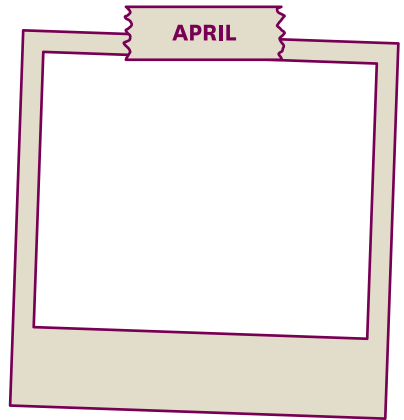
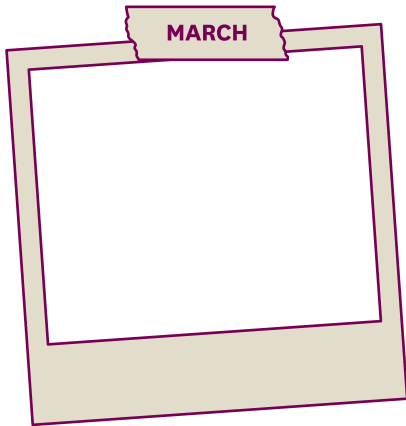
# 2024 MEMORIES

Relive your best memories of 2024!  
Draw or stick in your favourite photos here.

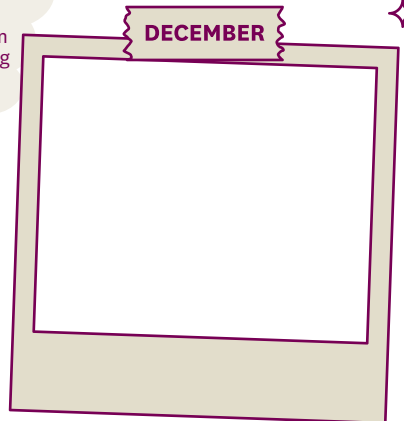
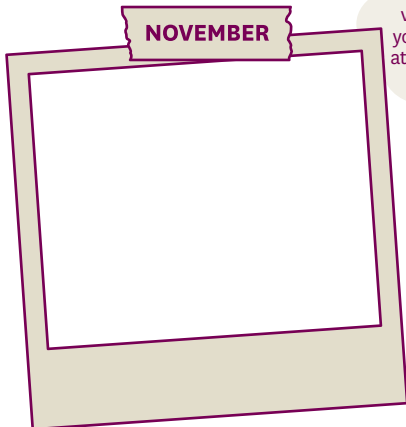




*"Thanks for the adventure. Now go have a new one!"*  
Ellie, Up



Don't forget to visit the goals you had written at the beginning of the year!



25  
Monday

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26  
Tuesday

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27  
Wednesday

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28  
Thursday

29  
Friday

30  
Saturday

1  
Sunday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**2**  
Monday

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**3**  
Tuesday

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**4**  
Wednesday

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**5**  
Thursday



**HABIT TRACKER**

M	T	W	T	F	S	S
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9  
Monday

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10  
Tuesday

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11  
Wednesday

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12  
Thursday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**16**  
Monday

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**17**  
Tuesday

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**18**  
Wednesday

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**19**  
Thursday

20  
Friday

21  
Saturday

22  
Sunday

**HABIT TRACKER**

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**23**  
Monday

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**24**  
Tuesday

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**25**  
Wednesday

Christmas Day

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**26**  
Thursday

28

Friday

29

Saturday

30

Sunday

**HABIT TRACKER**

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**31**  
Monday

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**1**  
Tuesday

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New Year's Day

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**2**  
Wednesday

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**3**  
Thursday

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**HABIT TRACKER**

<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# NOTES

# NOTES

# NOTES



**STREET ADDRESS ABBREVIATIONS**

- 75T = 75 Talavera Road
- CC = Central Courtyard
- EaR = Eastern Road
- FW = First Walk
- GR = Gymnasium Road
- HA = Hadenfeld Avenue





- MW = Macquarie Walk
- SCO = Sir Christopher Ondaatje Avenue
- SR = Science Road
- SW = Second Way
- WR = Western Road
- WW = Wally's Walk



**HOW TO READ OUR STREET ADDRESS SYSTEM**





 @ Macquarie University Students  
 @macquarieuni  
 @macquarie\_uni  
 macquarieuniversity



## YOUR FAST TRACK TO HELP

NEED HELP WITH ...	WHO CAN I CALL ...	HOW ...
Emergencies	Campus Security Police, fire, ambulance	<b>T:</b> (02) 9850 9999 on campus emergencies <b>Dial 000</b> <a href="http://mq.edu.au/security">mq.edu.au/security</a>
IT support	Tech Bar	<b>T:</b> (02) 9850 4357 <a href="http://help.mq.edu.au">help.mq.edu.au</a>
Mental health, disability or health impacting study, safety, finances or legal concerns	Student Wellbeing	<b>T:</b> (02) 9850 7497 <b>T:</b> 1800 CARE MQ (1800 227 367 outside business hours) Download our free MQ Wellbeing app <a href="http://mq.edu.au/wellbeing">mq.edu.au/wellbeing</a>
Your health	GP Clinic	MQ Health General Practice Suite 305, Level 3 2 Technology Place <b>T:</b> (02) 9812 3944 <a href="http://mqhealth.org.au/gp">mqhealth.org.au/gp</a>
Course guidance	Service Connect	Find yours at <a href="http://students.mq.edu.au/support/study/course-guidance">students.mq.edu.au/support/study/course-guidance</a>
Jobs, career and employment skills	Employability Connect	<b>T:</b> (02) 9850 7372 <a href="http://students.mq.edu.au/careers">students.mq.edu.au/careers</a>
Independent policy and procedural advice	Student Advocacy	<a href="http://students.mq.edu.au/student-advocacy">students.mq.edu.au/student-advocacy</a>
Accommodation	Accommodation Services	<b>T:</b> (02) 9850 7965 <a href="http://accommodation.mq.edu.au">accommodation.mq.edu.au</a>
General student enquiries	Service Connect	<b>T:</b> (02) 9850 6410 <a href="http://ask.mq.edu.au">ask.mq.edu.au</a>

2024 STUDENT ESSENTIALS DIARY



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University  
SYDNEY · AUSTRALIA

**FIND OUT MORE**  
Macquarie University  
Wallumattagal Campus  
Macquarie Park NSW 2109  
[mq.edu.au](http://mq.edu.au)



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