

# LAUNCH INTO 2026 WITH *us*

STUDENT ESSENTIALS DIARY



MACQUARIE  
University  
SYDNEY · AUSTRALIA

# 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.

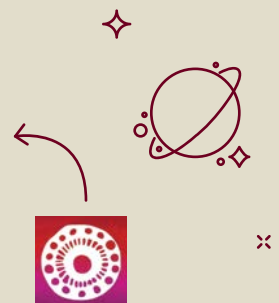
**Aunty Julie Janson of the Burruberongal clan of the Dharug Nation**

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.**

This app will show you the culturally significant areas of our campus and you’ll be able to hear the Welcome to Country from Aunty Julie Janson.



# WELCOME TO 2026



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>MS</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 2026.



## CONTENTS

- ✦ Get started
- ✦ Get connected
- ✦ Get healthy
- ✦ Get organised

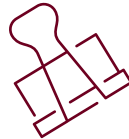





# YOUR CHECKLIST



- Access student email account
- Enrol in units listed on your first-year enrolment guide
- Complete MAC2026 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 Buddies
- Know your student support services (check MAC2026 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, postal address or the email address you had in high school.





# 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 like this:

## ENROLMENT

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

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



## MACQUARIE KICKSTART

Complete your online onboarding module MAC2026, attend Kickstart; visit our student group stalls and sign up for some fun Buddy activities.

## BEFORE CLASSES START

Complete the Academic Integrity and Safer Communities modules, and consider exploring the Manawari and Sustainability modules too. Double check your timetable and familiarise yourself with the campus map so you're ready for week one.

## 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](http://students.mq.edu.au/study)

## LAST DATE TO ENROL VIA EStudent

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.

## FIRST WEEKS

Attend classes, academic and writing workshops; go to social events, meet with our 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](http://mq.edu.au/unifees)

## 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.

## 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.

## 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](http://iexams.mq.edu.au)

For more information about what to expect in your student journey, visit MAC2026 on iLearn or [students.mq.edu.au/study](http://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 or in person.

### GOT QUESTIONS? SKIP THE QUEUE.

Get information about enrolment, course transfers, finances, results, graduation and much more.  
[connect.mq.edu.au](https://connect.mq.edu.au)

### NEED IT HELP?

The **IT Service Desk** 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



# 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)

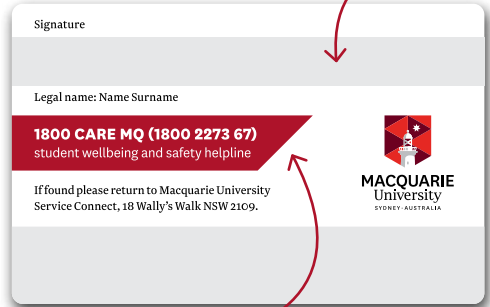
Your preferred name

Your ID photo which you can upload via CaptureME

Your signature



Your eight-digit student ID number



24/7 helpline for students

## 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 **M365 Outlook** – this is how we communicate with you, so check it regularly.

Your email address is

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



## 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](http://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](http://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](http://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.

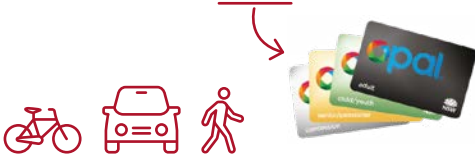


## Travelling to Macquarie

### PUBLIC TRANSPORT

Buses from all over Sydney stop on campus and in nearby streets. We also have our own train station, Macquarie University Metro Station. You'll need an Opal card to travel, otherwise you can use other methods of contactless payments, such as a debit or credit card, or mobile wallet.

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

#### 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 bike. 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

## CAMPUS SECURITY

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)



## 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.

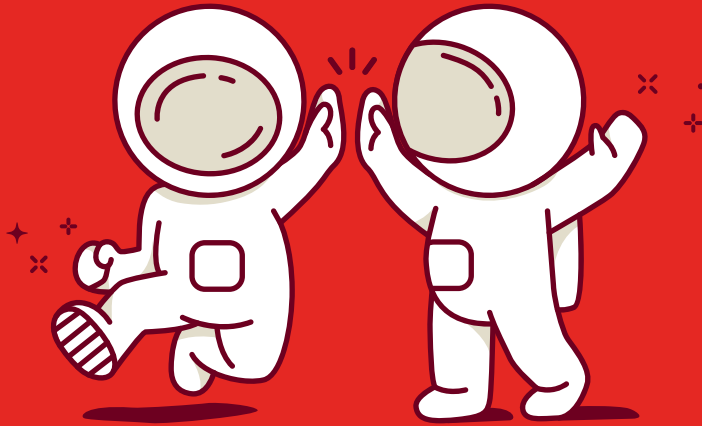


**TIP:** You can find the map of stops and schedule at [mq.edu.au/security/shuttle-bus](http://mq.edu.au/security/shuttle-bus)

## 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 MAC2026 on iLearn to stay informed.



## Services



## Online

GET CONNECTED



## Academic + professional

- Ask a Study Coach
- English Discussion Group
- The Numeracy Centre
- Walanga Muru
- Waranara Library
- Your teaching staff

- Academic Integrity Module
- WriteWISE
- Studiosity Writing Feedback
- Studiosity Study Assist
- libguides
- MAC2026
- [in](#) Macquarie University
- Academic Progression Self Guidance Tool
- [f](#) Employability Connect



## Social + networking

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

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



## Personal

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

- CARE Form
- TalkCampus app



## Health and safety

- Campus Security
- Macquarie University Health
- Student Wellbeing

- Inappropriate behaviour reporting
- 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 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 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. The purpose of the SRC is to communicate concerns and suggestions to the University on behalf of the student community, suggest how students' money raised via the Student Services and Amenities Fee (SSAF), is spent on services to support students. The SRC also organises and funds a range of events and initiatives to enhance the university experience for our 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://students.mq.edu.au/src)



### GRAPESHOT

Grapeshot, founded in 2009, is your student publication run by students for students. It features a diverse range of content including news pieces, opinion pieces, creative nonfiction, memoirs, short stories, poetry, photo-essays, illustrations, comic strips, interviews and reviews. Grapeshot's colourful matte pages are released in print three times a semester and distributed across campus; they are also released online on MultiSearch.

Grapeshot allows students to share and showcase their creative talents 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)

## Connect with us

### ACADEMIC SUCCESS

The Academic Success team empowers you to reach your study and professional goals by developing your academic, communications English language and study skills.

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



### WARANARA 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 and 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 enrichment 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 offers a range of support services including digital mental health care, help with financial, tenancy, and legal questions, after-hours response and referral to external services.



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

### ASK A STUDY COACH

Connect with a Study Coach – a Macquarie student trained to help you with academic writing and study strategies. Chat to them online at [students.mq.edu.au/support/study/writing/ask-a-study-coach](https://students.mq.edu.au/support/study/writing/ask-a-study-coach) or drop in and see them in the Library.

### MACQUARIE FOOD HUB

The Food Hub provides free access to groceries, fresh produce, pantry staples and hygiene items to support student wellbeing. Services also include breakfast, lunch and cooking workshops during study sessions, with a focus on food security, sustainability and reducing food waste. Bookings are required for grocery pick-ups and sessions run every Wednesday between 10am–3pm at 10 Hadenfeld Avenue. For more information and updates, visit [students.mq.edu.au/uni-life/community/food-hub](https://students.mq.edu.au/uni-life/community/food-hub)

## 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.

### 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)



### 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 tool on our website to ask questions regarding course changes, or to make sure you are enrolling in the right units.



### SCHOLARSHIPS AND FINANCIAL SUPPORT

We offer student scholarships to recognise financial need or hardship, academic excellence, sporting achievements, and outstanding character. Financial assistance 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)



### LGBTIQ+

Macquarie supports LGBTIQ+ students with a safe and inclusive environment. Visit the Queer Room on the Ground Floor of 18 Wally's Walk or contact Student Diversity and Inclusion at [studentdiversity@mq.edu.au](mailto:studentdiversity@mq.edu.au).



### 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)



### INTERNATIONAL STUDENT ENGAGEMENT

Macquarie University has dedicated social programs, events and activities to help international students get settled in at Macquarie University, the city of Sydney, and beyond. You can learn more about upcoming events and engagements by contacting [internationalstudentengagement@mq.edu.au](mailto:internationalstudentengagement@mq.edu.au).

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





# GET HEALTHY

Mental health and wellbeing

Physical health

Social health and relationships

Healthy eating

## 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.

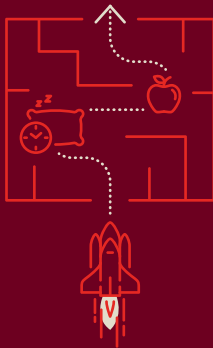


### BREAK IT DOWN

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 healthy 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

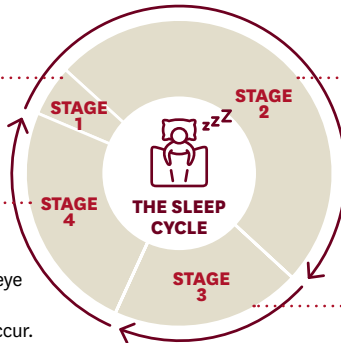
(FALLING ASLEEP: 1-7 MINUTES)

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.



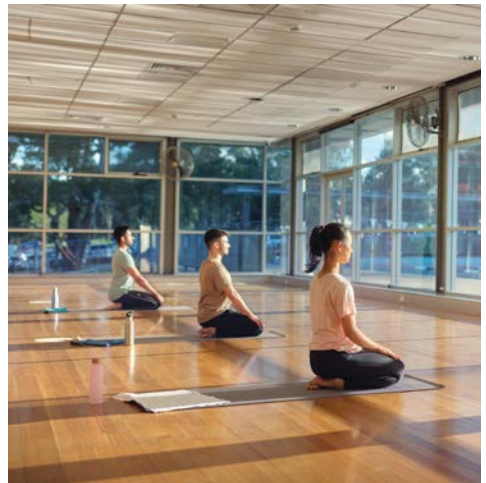
#### ALERTNESS AND FOCUS

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.



#### TALKCAMPUS

TalkCampus is a free 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 health by finding 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

### RESPECTFUL BEHAVIOUR AT MACQUARIE UNIVERSITY

Everyone has a role to play in creating a safe community on campus.

As a student at Macquarie, you're joining an inclusive university community and expected to treat others with respect. Abuse, harassment, and bullying are not acceptable.

The first and most important way you can contribute to the community is to always consider how your own behaviour may impact yourself and others around you.

### RESPECT NOW ALWAYS AT MACQUARIE

At Macquarie University, we do not tolerate sexual harassment or sexual assault.

Unwanted sexual touching is a crime. Unwanted sexual comments, demeaning or abusive comments and threatening behaviour – whether they are from a stranger or someone you know – are harassment and that's also against the law.

Remember – when it comes to sex, only have sex if you're confident the other person has consented.

- Consent must be sought and voluntarily gained for all sexual activities
- Consent must be clearly communicated and ongoing
- And it can be withdrawn at any time

No one can consent if they are too drunk to understand what is happening. Sex without consent is assault and a crime.

### HOW CAN I SUPPORT SOMEONE WHO HAS EXPERIENCED SEXUAL HARASSMENT OR SEXUAL ASSAULT?

If someone confides in you that they've experienced sexual harassment or sexual assault, here's how you can support them:

- First make sure there is no immediate danger. If there is, call campus security on 02 9850 9999 or the police on Triple Zero (000)
- If the immediate danger has passed, you can support them by:
  - Listening Carefully: Let them speak without interruptions or judgement
  - Showing Belief and Support: Believe what they tell you and affirm their feelings
  - Empowering Their Choices: Provide information to help them decide their next steps

Your role isn't to solve the problem but to support them in whatever they choose to do next. You can refer them to Inappropriate and Unwanted Behaviour (IUB) reporting system [students.mq.edu.au/support/care-reporting](https://students.mq.edu.au/support/care-reporting) and the MQ CARE system [students.mq.edu.au/support/care-reporting](https://students.mq.edu.au/support/care-reporting), if this is what they want.



### REPORTING UNWANTED BEHAVIOUR INCLUDING SEXUAL MISCONDUCT

At Macquarie, we all have the right to study, live and work in an environment where we feel safe. Members of the Macquarie Community have different expectations and experiences, and this can result in not all interactions being ideal. It is important that wherever possible, you communicate that behaviour you have experienced or witnessed is unacceptable.

In the event of serious behaviours, including sexual assault or harassment, we encourage you to report this to the University via the Inappropriate and Unwanted Behaviour (IUB) online form: [students.mq.edu.au/support/care-reporting](https://students.mq.edu.au/support/care-reporting)

The University can only take action regarding events that are related to the university environment, and activities related to your studies (this includes all university-related activities). You may be referred to external organisations if events happened outside the University environment and activities

Reports can be anonymous or with contact details. If reported anonymously, the University may be limited in its response. If you provide your details, Student Wellbeing staff will contact you to provide safety, support and response options.

### 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).

### 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. You can access the course on the iLearn sidebar.



# 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, is safe to drink, 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

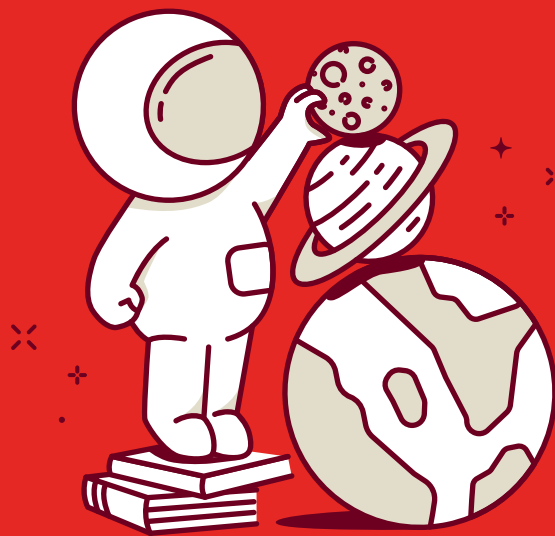
Instead of buying expensive snacks from vending machines or on campus, plan and pack your snacks. Portable and budget-friendly options include yogurt, nuts, fruit and homemade granola bars.



## 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

My 2026 goals

Yearly overview



## KEY DATES

### 2026 SESSION ACADEMIC CALENDAR

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



	SESSION 1	SESSION 2	SESSION 3
KICKSTART	16 Feb	20 Jul	
CLASSES START	23 Feb	27 Jul	14 Dec
LAST DATE TO ENROL VIA ESTUDENT	8 Mar	9 Aug	20 Dec
CENSUS DATE (TEACHING CENSUS)	20 Mar	21 Aug	24 Dec
MID-SESSION BREAK (RECESS)	6-19 Apr	21 - 5 Sep - Oct	28 - 3 Dec - Jan
LAST WITHDRAWAL WITHOUT FAIL	28 Apr	28 Sep	31 Dec
CLASSES RESUME	20 Apr	6 Oct	4 Jan
CLASSES END	7 Jun	8 Nov	24 Jan
EXAMINATIONS	9-26 Jun	9-27 Nov	25 - 1 Jan - Feb
RESULTS	9 Jul	10 Dec	11 Feb

# MY 2026 GOALS

List down your goals for 2026 here.



# 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	

## 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
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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: 23 February

Session 2 starts: 27 July

Session 3 starts: 14 December



- ☆ Last date to enrol via eStudent
- ☆ Last withdrawal without fail
- ☆ Results
- ☆ Public Holidays

- Classes start
- Classes resume
- Classes end
- Examinations

- Census date (Teaching census)
- Kickstart
- 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					1	2	3
☆6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	☆25	26	18	19	20	21	22	23	24
27	☆28	29	30				25	26	27	28	29	30	31

AUGUST							SEPTEMBER						
MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
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						2		1	2	3	4	5	6
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17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	☆28	29	30				
31													

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

**SYDNEY PUBLIC HOLIDAYS 2026**

- Thursday 1 January – New Years Day
- Monday 26 January – Australia Day
- Friday 3 April – Good Friday
- Saturday 4 April – Easter Saturday
- Sunday 5 April – Easter Sunday

- Monday 6 April – Easter Monday
- Saturday 25 April – Anzac Day
- Monday 8 June – King’s Birthday
- Monday 5 October – Labour Day
- Friday 25 December – Christmas Day
- Monday 28 December – Boxing Day (additional holiday)



*The future belongs to  
those who believe in the  
beauty of their dreams.*

Eleanor Roosevelt



# FEBRUARY

**SUN** 1

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**FRI** 6

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**WORLD  
CANCER DAY**  
4 Wednesday



**VALENTINE'S  
DAY**  
14 Saturday



**KICKSTART**  
16 Monday



**LUNAR  
NEW YEAR**  
17 Tuesday



**SESSION 1  
CLASSES START**  
23 Monday

# CLASS SCHEDULE



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**NOTES**



**26**  
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**22**  
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*Knowledge will  
bring you the opportunity  
to make a difference.*

Claire Fagin



# MARCH

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**TUE** 31

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**CLEAN UP  
AUSTRALIA DAY**  
1 Sunday



**INTERNATIONAL  
WOMEN'S DAY**  
8 Sunday



**ST PATRICKS  
DAY**  
17 Tuesday



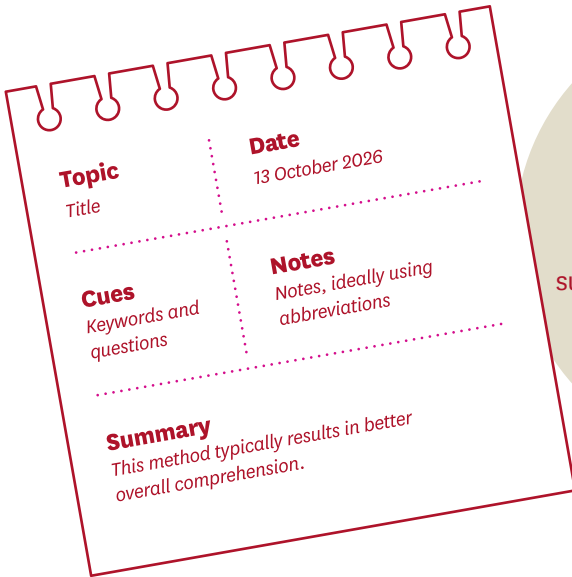
**HARMONY  
DAY**  
21 Saturday



**EARTH  
HOUR**  
28 Saturday

# NOTE TAKING STRATEGIES

There are many ways to take notes, and the best method for you depends on your personal learning style and the subject matter. Some people prefer to use a structured approach while others find that a more visual method works better.

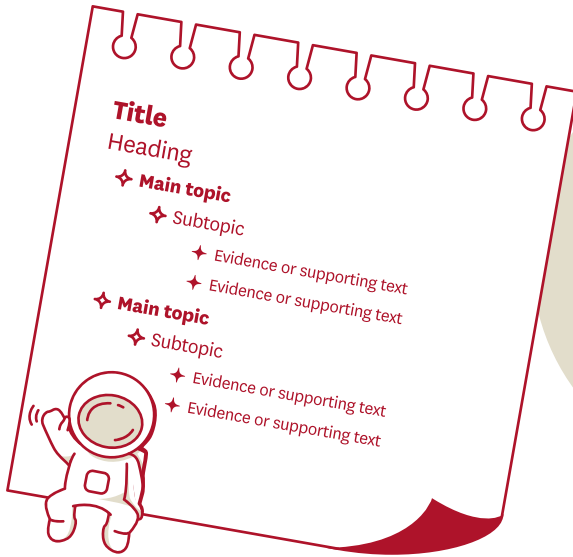


**Cornell Method**

This structured approach divides your page into three sections – a cue column, a note-taking column and a summary section. It's particularly effective for organising and reviewing information.



Experiment with these different methods to see which one works best for you. Remember, the most important thing is to find a method that helps you understand and remember the material.



**Outlining**

This method organises information in a hierarchical structure using headings and subheadings. Outlining is useful for linear topics and summarising key points.

**Charting**

This method uses tables or charts to compare information. Charting is ideal for subjects with multiple variables.

Main topic	Category 1	Category 2	Category 3
Subtopic 1			
Subtopic 2			
Subtopic 3			



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**27**  
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**28**  
Saturday

**29**  
Sunday



*You are braver than you believe,  
stronger than you seem,  
and smarter than you think.*

Christopher Robin (Winnie the Pooh)



# APRIL

WED 1

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THU 2

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FRI 3

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SAT 4

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SUN 5

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MON 6

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TUE 7

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WED 8

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MON 20

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MON 27

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TUE 28

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**APRIL FOOLS DAY**  
1 Wednesday



**WORLD AUTISM AWARENESS DAY**  
2 Thursday



**EASTER HOLIDAYS (PUBLIC HOLIDAY)**  
3 Friday – 6 Monday



**EARTH DAY**  
22 Wednesday



**ANZAC DAY (PUBLIC HOLIDAY)**  
25 Saturday

# BUDGET



+

×

SAVINGS GOAL

\_\_\_\_\_

## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

## Notes

\_\_\_\_\_

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## Fixed expenses

DATE	DESCRIPTION	AMOUNT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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## Other expenses

DATE	DESCRIPTION	BUDGET	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
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**Total** 

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

TOTAL INCOME TOTAL EXPENSES SAVINGS

# BUDGET



SAVINGS GOAL

\_\_\_\_\_

## Income

DATE	AMOUNT
_____	_____
_____	_____
_____	_____
_____	_____

**Notes**

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## Fixed expenses



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

## Other expenses

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

**Total** \_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_

TOTAL INCOME                      TOTAL EXPENSES                      SAVINGS

**30**  
Monday

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**31**  
Tuesday

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**1**  
Wednesday

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Good Friday

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Easter Saturday

Easter Sunday

**6**  
Monday

Easter Monday

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**7**  
Tuesday

**8**  
Wednesday

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Thursday

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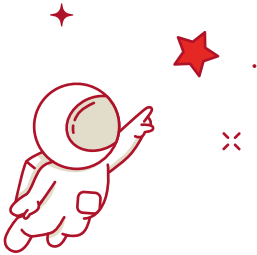
**24**  
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Anzac Day

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**26**  
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+

*The only limit to  
our realisation of tomorrow  
will be our doubts of today.*

Franklin D Roosevelt



# MAY

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SUN 31

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**CINCO DE MAYO**  
5 Tuesday



**MOTHERS DAY**  
10 Sunday



**IDAHO DAY**  
17 Sunday



**NATIONAL SORRY DAY**  
26 Tuesday



**NATIONAL RECONCILIATION WEEK**  
27 Tuesday (May)–  
3 Tuesday (June)

# EXAM TRACKER



CLASS

DATE

TIME

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IMPORTANT

# STUDY GUIDE



**QUESTION**

**ANSWER**

**QUESTION**

**ANSWER**

**QUESTION**

**ANSWER**

**QUESTION**

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**QUESTION**

**ANSWER**

**QUESTION**

**ANSWER**

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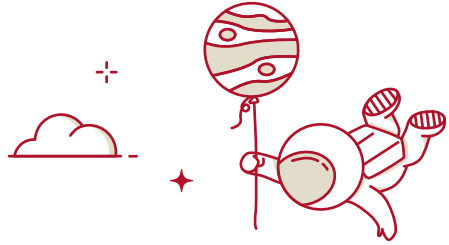
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**29**  
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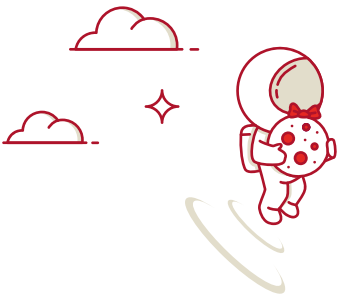
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**31**  
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*Guard well within yourself  
that treasure, kindness.  
Know how to give without hesitation,  
how to lose without regret,  
how to acquire without meanness.*

George Sand



# JUNE

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**MON** 29

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**TUE** 30

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**MABO DAY**  
3 Wednesday



**WORLD ENVIRONMENT DAY**  
5 Friday



**WORLD OCEANS DAY**  
8 Monday



**KING'S BIRTHDAY**  
(PUBLIC HOLIDAY)  
8 Monday



**WORLD REFUGEE DAY**  
20 Saturday

# QUESTION CORNER



1

What's a topic or subject you'd like to explore more deeply outside your major?



2

If you could instantly learn any new skill or talent what would it be and how would you use it?



3

What's the most memorable advice you've received from a professor or mentor?



4

Imagine your dream study space – what would it include to make it perfect for you?



5

If you could have any fictional character as your professor who would it be and why?



6

What's a hobby or activity you've always wanted to try but haven't yet?

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King's Birthday

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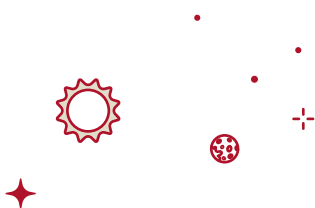
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28  
Sunday

A collection of small, stylized celestial icons in a reddish-brown color, including a sun with rays, a star, a planet with craters, and a crosshair.

*I am always doing  
what I cannot do yet,  
in order to learn how to do it.*

Vincent van Gogh



# JULY

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SAT 18

SUN 19

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WED 22

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SUN 26

MON 27

TUE 28

WED 29

THU 30

FRI 31



**INTERNATIONAL  
PLASTIC BAG  
FREE DAY**  
3 Friday



**NAIDOC  
WEEK**  
5 Sunday - 12 Sunday



**KICKSTART**  
20 Monday



**SESSION 2  
CLASSES START**  
27 Monday



**INTERNATIONAL DAY  
OF FRIENDSHIP**  
30 Thursday

# CLASS SCHEDULE



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**NOTES**



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*Living is the  
art of getting used to  
what we didn't expect.*



Eleanor C Wood



# AUGUST

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**MON** 31

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**CITY2SURF**  
9 Sunday



**INTERNATIONAL DAY  
OF THE WORLD'S  
INDIGENOUS  
PEOPLES**  
9 Saturday



**INTERNATIONAL  
YOUTH DAY**  
12 Wednesday



**WOMEN'S  
EQUALITY DAY**  
26 Wednesday



**WEAR IT  
PURPLE DAY**  
28 Friday

# MANAGING YOUR TIME USING THE PRIORITY MATRIX



## 1 IMPORTANT AND URGENT

*Top priority: Do them now*

Complete assessments due tomorrow

Review readings for today's classes

## 2 IMPORTANT BUT NOT URGENT

*Schedule and plan these in your diary*

Long term projects or research

Career planning

Plan study sessions for upcoming exams

Review and organise study notes

## 3 URGENT BUT NOT IMPORTANT

*Delegate (hand over) activities that someone else could do better than you*

Attend unnecessary meetings or appointments

## 4 NOT URGENT AND NOT IMPORTANT

*These tasks can be eliminated or postponed indefinitely*

Excessive social media use

Mindless scrolling

Procrastination

The **Eisenhower Matrix** is a popular time management tool that helps you prioritise tasks based on their urgency and importance. It's a simple yet effective way to manage your workload and ensure that you're focusing on the most critical tasks.



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

**1** **IMPORTANT AND URGENT**

*Top priority: Do them now*

**2** **IMPORTANT BUT NOT URGENT**

*Schedule and plan these in your diary*

**3** **URGENT BUT NOT IMPORTANT**

*Delegate (hand over) activities that someone else could do better than you*

**4** **NOT URGENT AND NOT IMPORTANT**

*These tasks can be eliminated or postponed indefinitely*

**Once you've categorised your tasks you can prioritise them accordingly.** Focus on the 'Important and Urgent' tasks first, followed by the 'Important but Not Urgent' tasks. Delegate or eliminate tasks in the 'Urgent but Not Important' and 'Not Urgent and Not Important' quadrants if possible.

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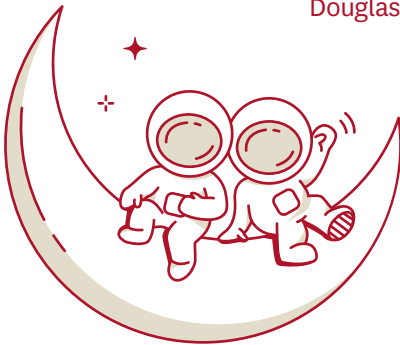
29  
Saturday

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*A friend is one of the  
nicest things you can have,  
and one of the  
best things you can be.*

Douglas Pagels



# SEPTEMBER

**TUE** 1

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**FATHER'S DAY**  
6 Sunday



**INTERNATIONAL LITERACY DAY**  
8 Tuesday



**R U OK DAY**  
10 Thursday



**INTERNATIONAL DAY OF SIGN LANGUAGES**  
23 Wednesday

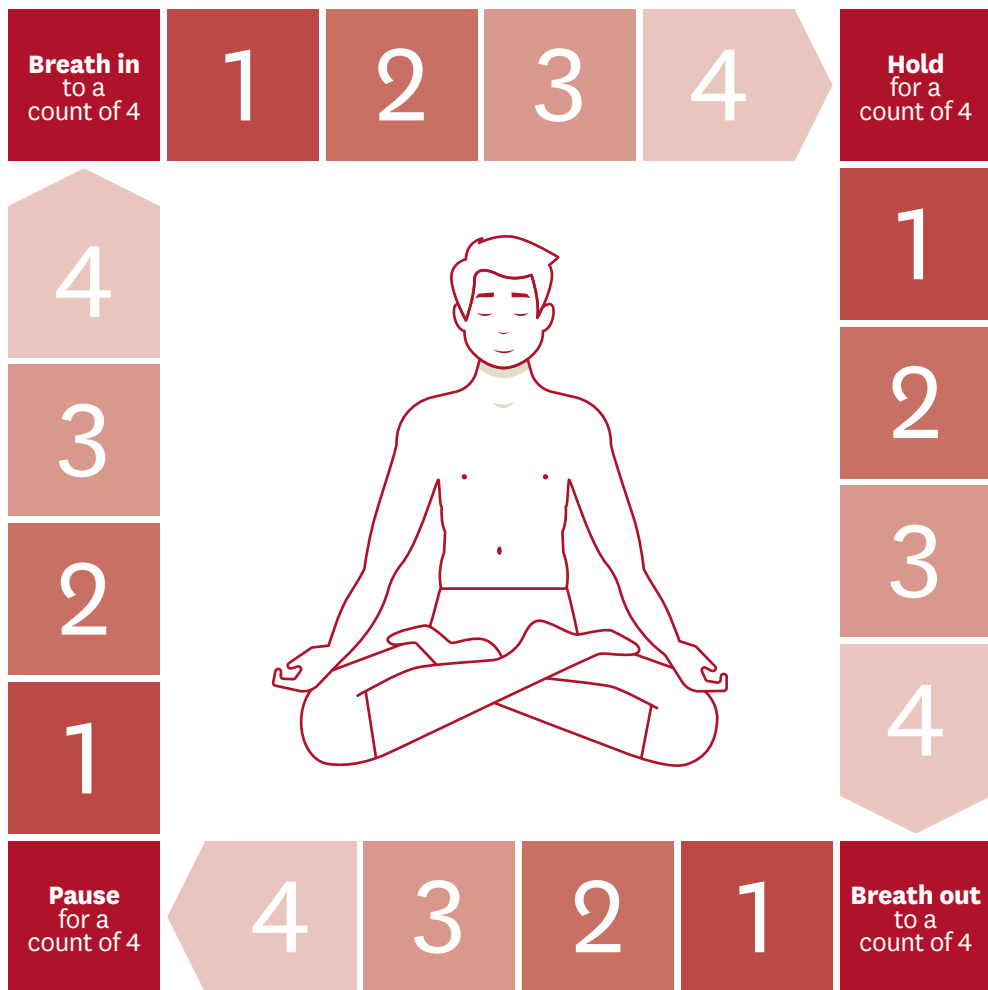


**MID-AUTUMN FESTIVAL**  
25 Friday

# TAKING A BREAK



Here are two quick stress relief techniques you can do on the spot:



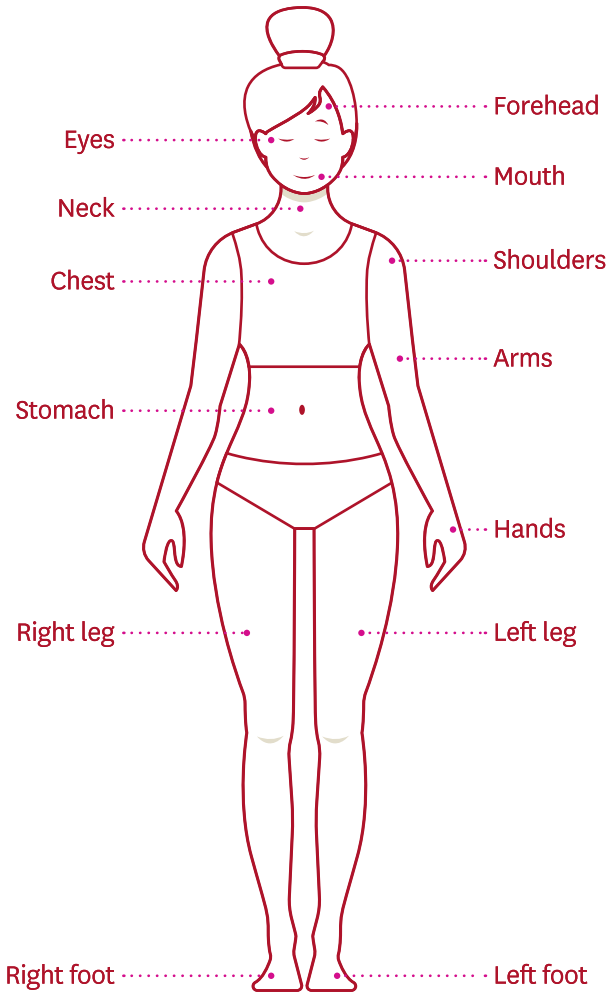
## Box breathing

### INSTRUCTIONS

1. Find a quiet place and sit or lie down comfortably.
2. Place one hand on your chest and the other on your stomach.
3. Inhale slowly through your nose, filling your lungs and expanding your stomach.
4. Hold your breath for a few seconds.
5. Exhale slowly through your mouth, releasing the tension in your body.
6. Repeat for several minutes.



**Taking a break** is crucial for preventing stress and burnout while studying. When you feel overwhelmed, step away from your studies for a short while to rest and recharge. Engage in activities you enjoy, such as taking a walk, listening to music or practicing mindfulness.



## Progressive Muscle Relaxation (PMR)

### INSTRUCTIONS

1. Find a quiet space and get into a comfortable position.
2. Start with your feet and work your way up to your head.
3. Tense each muscle group for a few seconds, then release the tension.
4. Focus on the feeling of relaxation as you release the tension.



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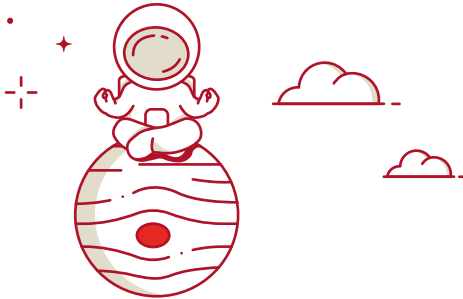
**4**

Sunday



*Inhale, exhale,  
it is well, it is well.  
All of this is a part of  
the story you will tell.*

Morgan Harper Nichols



# OCTOBER

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SAT 31

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**LABOUR DAY**  
(PUBLIC HOLIDAY)  
5 Monday



**WORLD MENTAL  
HEALTH DAY**  
10 Saturday



**WORLD FOOD  
DAY**  
16 Friday



**UNITED NATIONS  
DAY**  
24 Sunday



**HALLOWEEN**  
31 Saturday



# STUDY GUIDE



**QUESTION**

**ANSWER**

**QUESTION**

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**QUESTION**

**ANSWER**

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*If you focus on what  
you left behind,  
you will never be able  
to see what lies ahead.*

Gusteau (Ratatouille)



# NOVEMBER

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WED 18

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THU 26

FRI 27

SAT 28

SUN 29

MON 30



**NOVEMBER**  
1 Sunday



**DIWALI**  
8 Sunday



**REMEMBRANCE  
DAY**  
11 Tuesday



**WORLD KINDNESS  
DAY**  
13 Friday



**INTERNATIONAL  
MEN'S DAY**  
19 Thursday

# QUESTION CORNER



**1** If you could have dinner with any historical figure, who would it be and why?



**2** What's a book or article you've read recently that inspired you, and what made it impactful?



**3** What's the most interesting fact you've learned in your current studies?



Blank white box for writing.



4

What's one fictional world you would like to study in and why?

Blank white box for writing.



5

If you were to create a new club or society on campus, what would it be?

Blank white box for writing.



6

What dream or challenge would you pursue if fear wasn't holding you back?

Blank white box for writing.

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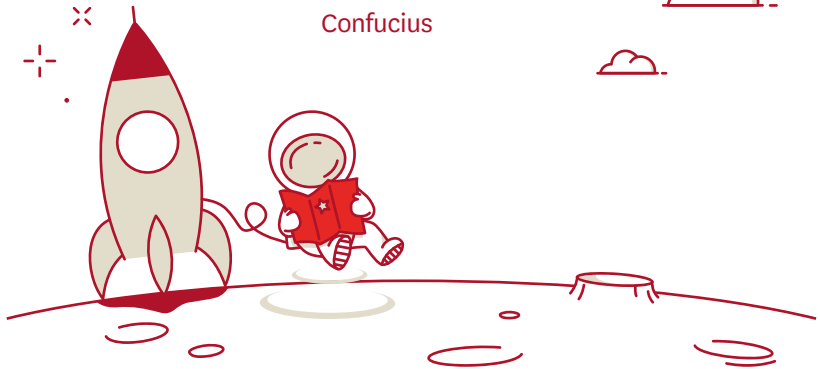
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**28**  
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**29**  
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*And remember,  
no matter where you go,  
there you are.*

Confucius



# DECEMBER

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



**HANUKKAH**  
4 Friday –  
12 Saturday



**SESSION 3  
CLASSES START**  
14 Monday



**CHRISTMAS DAY  
(PUBLIC HOLIDAY)**  
25 Friday



**NEW YEARS EVE  
(PUBLIC HOLIDAY)**  
31 Thursday

# REFLECTING ON THE YEAR

Things I am most grateful for



Top accomplishments

Areas to grow/improve





Lessons learnt



Challenges and triumphs



Future aspirations



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**20**  
Sunday

**21**  
Monday

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**22**  
Tuesday

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**23**  
Wednesday

**24**  
Thursday

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Christmas Day

**25**  
Friday

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Boxing day

**26**  
Saturday

**27**  
Sunday

28  
Monday

---

29  
Tuesday

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30  
Wednesday

New Year's Eve

**31**  
Thursday

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New Year's Day

**1**  
Friday

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**2**  
Saturday

**3**  
Sunday

# NOTES

# NOTES

# NOTES



**STREET ADDRESS ABBREVIATIONS**

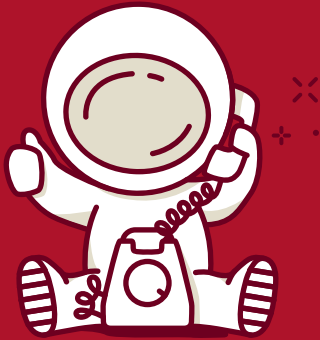
- 75T = 75 Talavera Road
- CC = Central Courtyard
- EaR = Eastern Road
- FW = First Walk
- GR = Gymnasium Road
- HA = Hadenfeld Avenue

- 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 University
-  macquarieuniversity
-  @macquarie\_uni



## 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	IT Service Desk	<b>T:</b> (02) 9850 4357
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)
Your health	GP Clinic	Macquarie University 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 <b>students</b> . <a href="http://mq.edu.au/support/study/course-guidance">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	<a href="http://connect.mq.edu.au">connect.mq.edu.au</a>

### 2026 STUDENT ESSENTIALS DIARY



**MACQUARIE**  
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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