2023 STARTS WITH (YOU) us

Student Essentials Diary
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.
Welcome to 2023

To our new students, welcome to the Macquarie University community. To our returning students, it’s great to see you back.

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)us.

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. 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 in 2023.

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 2023!

Contents

- Get started
- Get connected
- Get employed
- Get organised

Need an accessible or digital version? Access for free at students.mq.edu.au/accessible-diary
Our values
At Macquarie, our community makes our uni life. We have a beautiful campus, but it’s our people that make studying here a life-changing experience.

Our community is guided by our core values of scholarship, integrity and empowerment. In upholding these values, you’ll:
- contribute to improving lives through your learning and research
- act with integrity and see how that supports discovery and innovation
- learn how valuing diversity and inclusion empowers everyone in a community and helps everyone achieve their goals.

Because our values are important to us, take some time to understand them and our expectations of all our students, as outlined in the resources below.

WEBSITES
Student Code of Conduct defines your rights and responsibilities. When you accept your offer to study at Macquarie, you agree to act according to the Student Code of Conduct.

students.mq.edu.au/student-conduct

MQ values is where you’ll find useful videos, information and advice about our inclusive community and, how we, as a community and as individuals, look after and respect each other.

students.mq.edu.au/community-values

Student Care and Reporting Network gives you an easy way to ask for support, whether it’s about wellbeing, safety, inappropriate behaviour, or feedback about a service or experience at Macquarie.

mq.edu.au/support/care-reporting

LEARNING MODULES
You’ll need to complete the following learning modules in iLearn – your online learning system – as part of your studies at Macquarie. Access them at ilearn.mq.edu.au

Academic Integrity Module (AIM) teaches you to be ethical, honest and responsible in your studies.

Consent Matters helps you understand consent, build healthy relationships and take action if you see something that doesn’t sit right with you.

MACQ2023 Your Student Starter Guide introduces you to everything you need to know about what to expect on your journey at Macquarie.

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.

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

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:
  - NSW Sexual Violence Helpline on 1800 656 463
  - 1800RESPECT on 1800 737 732
  - MensLine on 1300 789 978
  - QLife LGBTIQA+ support on 1800 184 527
GET STARTED

Admin and tech set-up
Your Macquarie glossary
Travelling to Macquarie
Your safety
Student spaces
Extra tips for new international students
Extra tips for research students
Uni costs and help
We’re here to help you succeed, and our services support your academic, social, personal and professional development. Bookmark your student portal – students.mq.edu.au – to stay informed.

<table>
<thead>
<tr>
<th>SERVICES</th>
<th>ONLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACADEMIC</td>
<td></td>
</tr>
<tr>
<td>• The Writing Centre</td>
<td>• iLearn – StudyWISE</td>
</tr>
<tr>
<td>• Library</td>
<td>• iLearn – UniWellbeing</td>
</tr>
<tr>
<td>• Numeracy Centre</td>
<td>• My Legal Mate app</td>
</tr>
<tr>
<td>• Course Guidance</td>
<td>• MQ Wellbeing app</td>
</tr>
<tr>
<td>SOCIAL</td>
<td></td>
</tr>
<tr>
<td>• Events</td>
<td>• Macquarie University Mentor Network</td>
</tr>
<tr>
<td>• Macquarie University Peer Mentors</td>
<td>• @macquarieuni</td>
</tr>
<tr>
<td>• Student Groups</td>
<td></td>
</tr>
<tr>
<td>• Macquarie University Buddy Program</td>
<td></td>
</tr>
<tr>
<td>PERSONAL</td>
<td></td>
</tr>
<tr>
<td>• Accommodation Services</td>
<td>• TalkCampus App</td>
</tr>
<tr>
<td>• Campus hub</td>
<td>students.mq.edu.au/support/care-reporting</td>
</tr>
<tr>
<td>• Sport and Aquatic Centre</td>
<td></td>
</tr>
<tr>
<td>• Student Wellbeing</td>
<td></td>
</tr>
<tr>
<td>SAFETY</td>
<td></td>
</tr>
<tr>
<td>• Campus Safety and Security</td>
<td>students.mq.edu.au/support/safety-security</td>
</tr>
<tr>
<td>• Seeking support and care</td>
<td></td>
</tr>
<tr>
<td>• Respectful Relationships</td>
<td></td>
</tr>
</tbody>
</table>
Admin and tech set-up

YOUR CAMPUS CARD
Your Campus Card is your ID while you’re on campus and you must use it to access the Library, print and copy facilities, campus buildings and student discounts off campus. Order your card online and we’ll mail it out to you.

mq.edu.au/campus-card

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 such as Office365 and free access to AppStream, so you can access EndNote, Adobe, Minitab and Stata from anywhere
• 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

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 and pay some 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 kept in iLearn. You’ll also receive important updates via the announcements (such as your online class links), complete assessments and connect with classmates in discussion forums.

ilearn.mq.edu.au

MyLearn is a new 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

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

Service Connect can help with everything else, but specialise in eStudent, Campus Card, application and enrolment questions.

Online self-service is available at ask.mq.edu.au

1800 CARE MQ (1800 2273 67) student wellbeing and safety helpline
If found please return to Macquarie University Service Connect, 18 Wally’s Walk, NSW 2109.

1800 CARE MQ (1800 2273 67)
student wellbeing and safety helpline

24/7 helpline for students Your signature

Your full name Your eight-digit student ID number Your ID photo which you can upload via CaptureME

1800 CARE MQ (1800 2273 67)
student wellbeing and safety helpline

If found please return to Macquarie University Service Connect, 18 Wally’s Walk, NSW 2109.

1800 CARE MQ (1800 2273 67)
student wellbeing and safety helpline

If found please return to Macquarie University Service Connect, 18 Wally’s Walk, NSW 2109.
Your Macquarie glossary
University can seem like a whole different world with its own special language. To help you, we’ve explained some of the most important terms you’ll hear during your time with us.

Course guidance – to help you understand and plan your studies to make sure you’re on the right path. [link]

Academic honesty – principle that all students act with integrity in the creation, development, application and use of ideas. Check the policy at [link]

Academic record – a document outlining your enrolment and the grades you’ve been awarded. You can check this record via eStudent in the ‘My Study’ tile.

Academic transcript – the official and certified version of your academic record. It lists the courses and units you have enrolled in and the units you attempted with the grades received. We charge a fee each time you order your transcript – find out more at [link]

Alumni – people who have graduated from Macquarie. Find out more at [link]

Assessment – activities, tasks and/or performances that support your learning. You need to successfully complete these to get a pass grade for your unit, and they’re listed in your unit guide, available on iLearn.

Australian Higher Education Graduation Statement (AHEGS) – a statement of your academic and special achievements, recognition and prizes won at Macquarie. See what’s included at [link]

Capstone unit – a final year unit in your course that integrates the material presented across a major or for your whole course. Find out more at [link]

Core zone – a set group of units that make up the foundation learning in your degree. These are usually compulsory units you must complete. Check your course at [link]

Course transfer – allows you to change from your current undergraduate course to a different undergraduate course at Macquarie. Review the free process and criteria at [link]

Credit points – each unit is worth a specified number of credit points, which reflects the amount of work required in the unit.

Examinations – supervised time-limited and individual assessment tasks usually taken at the end of a study period. See [link]

Exchange – approved studies completed at a university other than Macquarie, usually taken in your second year. Explore your options at [link]

Flexible zone – a group of units within your degree that you have freedom to choose. These might be from an approved list of units for some courses. You can check at [link]

Graduation – the formal ceremony where your degree is conferred (finalised and awarded) by Macquarie. Get excited at [link]

Leave of absence – the application you need to submit if you want to take a break from study. Find details at [link]

Major – a structured sequence of units in a particular subject area or discipline.

Minor – a sequence of units in a particular subject area or discipline, including at least two units at 2000 level or above.

Misconduct – occurs when you do not follow the accepted standards or behaviour as outlined in the Student Code of Conduct and in University by-laws, rules and policies. [link]

PACE – the University’s flagship work integrated learning program – Professional and Community Engagement – that allows you to apply your knowledge and skills in a real workplace context.

Plagiarism – using the work or ideas of another person without clear acknowledgement of the source. Learn how to avoid this in iLearn’s Academic Integrity Module.

Student Services and Amenities Fee (SSAF) – a fee you pay that contributes towards the funding for student services, support and facilities of a non-academic nature and of benefit to all students. [link]

Special consideration – an application you can submit if you experience serious and unavoidable difficulties when completing assessments or exams. Check the process at [link]

Specialisation – a structured sequence of units usually attached to professional accreditation.

Study period – a division of the academic year which could be a session (half year) or term (6 or 10 weeks).

Unit – also known as a subject, which comprises a certain amount of credit points. These are the building blocks for your course. Find more at [link]

FOR MORE DETAILS SEE NEXT PAGE
GENERALIST DEGREES
Such as the Bachelor of Arts, the Bachelor of Commerce and the Bachelor of Social Science – provide more flexibility in the units you can choose, which means you can tailor your studies to your career path.

SPECIALIST DEGREES
Such as the Bachelor of Engineering and the Bachelor of Laws – are usually professionally accredited and have a more structured list of units to complete.

TOP 3 TIPS FOR CHOOSING UNITS FOR YOUR FLEXIBLE ZONE

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

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

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

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

BIKES 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

Find out more about getting to Macquarie at mq.edu.au/transport

TIP: Some research students may also be eligible for travel concession. Contact Service Connect for more advice at students.mq.edu.au/service-connect

TRAVEL CONCESSION

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

students.mq.edu.au/transport-concession

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

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

students.mq.edu.au/transport-concession
Your safety
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 strategically positioned 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 on campus buildings, 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 7105 or visiting them at the Library – Level 2, 16 Macquarie Walk.

Find more information on Campus Security at mq.edu.au/security

TIP: You can find the map of stops and schedule at 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 ID, such as your driver’s licence or proof of age card.
- Keep your mobile phone with you, and make sure it’s charged and has credit.
- Let people at home know what time to expect you back. If you decide to leave unexpectedly or are meeting someone new, let 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. Call (02) 9850 7112 to request a Campus Security escort.

WELLBEING APP
Download the Wellbeing App as this has safety and security information and you can receive notifications through this.

FREE SHUTTLE BUS
During session, there are free shuttle services from Monday to Friday, 4pm – 12.30am. The shuttle bus runs between campus buildings, the train station and student accommodation.
Student spaces
THERE’S ROOM FOR EVERYONE!
Macquarie offers you the best of both worlds – from quiet study spaces to set you up for success in class, to social spaces that help you unwind.

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.

18 WALLY’S WALK
Whether you need Service Connect, TechBar, or a space to study or conduct group work, the Ground Floor 18 Wally’s Walk has plenty to offer students.

AT 18WW, YOU’LL ALSO FIND:
• MacShop
• Women’s Room
• Queer Room
• Student Group Lockers
• Student Study Space
• TechBar

1 CENTRAL COURTYARD
Explore 26 teaching rooms, student areas and food outlets at The Hub and the Ubar – all under one room.

ARTS PRECINCT
Open spaces for you to explore, study, unwind and explore your horizons.

WALANGA MURU SPACES
Spaces designed to support our Aboriginal and Torres Strait Islander students.

WOMEN’S ROOM
The Women’s Room is a safe and friendly place for female-identifying students and staff to rest, reflect, socialise and study.

SELF-HELP:
AskMQ is our online service that provides quick and simple answers to all your questions about life at Macquarie. Access it from your computer, tablet or mobile phone at ask.mq.edu.au

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

Phone:
(02) 9850 6410

In person:
Ground Floor, 18 Wally’s Walk (18WW)
**16 MACQUARIE WALK – YOUR LIBRARY**

So much more than a home for books, Macquarie’s Library offers these services and facilities:
- Borrow (and return) books
- Computers and group presentation pods
- Borrow a laptop for a few hours
- Getting help finding information for your assignments in Multisearch
- Print, scan or copy
- Study in peace and quiet
- Get a bite to eat or a coffee at the Library Café
- Study in the dedicated postgraduate and higher degree research (HDR) spaces.

**GOT AN ASSIGNMENT DUE BUT DON’T KNOW WHERE TO START?**

Finding the right sources of information is one of the essential first steps. The Library’s online tutorials, and subject and research guides will help you get started. You can also speak with a librarian on the phone or via chat.

**LIBRARY**

Level 2, 16 Macquarie Walk

T: (02) 9850 7500

mq.edu.au/library to chat or for more information.

Opening hours change throughout the year, so check the website at mq.edu.au/library or download the free app – libMQ.

**25 WALLY’S WALK – ARTS PRECINCT**

The Arts Precinct features specialised team and object-based learning spaces such as:
- the Macquarie University History Museum
- a language centre with immersive and collaborative spaces
- an ideas hub enabling students to produce professional quality video and audio recordings
- the Australian Centre for Ancient Numismatic Studies, housing more than 5000 coins and a dedicated numismatic library.

The Arts Precinct also features welcoming spaces where students can work independently or collaboratively, such as:
- consulting booths
- group tables
- technology-enabled lounges
- café and outdoor tables.

**TIP:** A beautiful undercover rooftop terrace is also available for you to study or socialise.
1 CENTRAL COURTYARD
At the heart of our campus, the Central Courtyard has undergone a revitalisation and expansion that includes new student accommodation and a new building featuring:

- **Basement level**: Graduation hall and stage, function rooms and a commercial kitchen
- **Ground level**: 17 food and beverage retail areas, Ubar and terraced area overlooking the lake, semi-covered/open-air communal dining areas with seating
- **Levels 1 and 2**: 25 formal and informal teaching spaces
- **Central plaza space**: outdoor entertainment and seating.

LIVE WITH US
Brand new on campus accommodation
- 342 rooms right in the middle of campus
- Studios as well as one, twin, four- or six-bedroom apartments
- Accessibility-enabled rooms and communal spaces
- All utilities included in the weekly rate (including wi-fi)
- Residential life activities to help you settle into your new home away from home
- Free gym membership at Macquarie’s Sport & Aquatic Centre
- 24 hour security

Did we mention it’s right in the middle of campus ... It couldn’t get any more convenient.

Find out more and apply at accommodation.mq.edu.au
The Macquarie University Incubator is a thriving nexus for students, researchers, staff and the broader startup and intrapreneur community to explore, develop and scale their ideas, with infinite potential for real-world impact.

It offers an accessible and vibrant space for resident members and the community to come together, to innovate and to create and ignite possibilities.

Find out more about student programs on Page 28 and check out mq.edu.au/incubator

10 GYMNASIUM ROAD – MUSAC
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

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
Extra tips for new international students

Whether you’re studying with us online from your home country or here in Australia, we have lots of support options and advice to help you succeed at Macquarie.

We also have an international student support page that you might like to bookmark students.mq.edu.au/support/international. We update this page from time to time with information specific to our international students.

STUDYING ON CAMPUS IN AUSTRALIA

ENGLISH LANGUAGE SUPPORT
We offer several programs to support and develop your confidence with speaking and writing in English. These include social gatherings, workshops, discussion groups, and resources. Learn more about Discussion Groups, the Language Café and other English language resources: students.mq.edu.au/support/study/writing/english

INTERNATIONAL STUDENT ENGAGEMENT OFFICER
The International Student Engagement Officer is here to share information about the different support, activities, and programs available to you. They would also love to hear any feedback and ideas you have for how we can provide the best experience for you! Come and chat with them at their weekly office hours during session every Wednesday, 1pm–3pm, at Service Connect, Ground Floor, 18 Wally’s Walk.

BUY HOUSEHOLD ITEMS AND GROCERIES
Macquarie Centre shopping complex is located next to our campus. If you’re looking to buy groceries, the three most popular supermarkets in Sydney are Aldi, Coles and Woolworths. If you’re looking to buy household items and appliances, check out Big W or Kmart, which are discount department stores. macquariecentre.com.au

BUDDY PROGRAM
Looking for ways to explore Sydney and make friends? Come and join the Buddy Program! We have many exciting social events and activities throughout the session for you to get to know Sydney like a local, have fun connecting with new friends, and get the most out of your university experience! Find out more: students.mq.edu.au/buddies

WELLBEING AND SUPPORT
We understand that University can be exciting and overwhelming at the same time. We are here to support you. Student Wellbeing is available to students 24/7, every day of the year. You can reach out to them for support services including confidential counselling and mental health support and support with financial, legal, and relationship concerns. Staff working with Student Wellbeing speak Mandarin and Cantonese, and can accommodate other language preferences as well. students.mq.edu.au/support/personal/wellbeing

ACCESS THE MYAUS APP
MyAus App is your guide to setting up your life in Australia, in your language. It includes information about life in Australia including accommodation, finances and money, health system, legal system and support, staying safe, working in Australia and much more. Download the free app: myausapp.com

STUDYING FROM YOUR HOME COUNTRY

SET UP FOR ONLINE LEARNING
You might be using several new systems – or software – for the first time, so make sure you’re set up before classes start. Review tips for online learning at students.mq.edu.au/support/study/writing/resources

IT has great information about respectful online behaviour and how to use student systems. students.mq.edu.au/support/technology

TOGETHER WITH (YOU)™
Our free student services and supports are available online, with some services accessible 24/7 anywhere in the world.

Explore your options at students.mq.edu.au/support/personal/counselling/offshore-student-support

MAKE FRIENDS THROUGH OUR PEERS
You can select a Macquarie University Peer Mentor, join a student group or even check out the Language Café. Find out how at students.mq.edu.au/peer-support
GETTING THE MOST OUT OF YOUR OVERSEAS STUDENT HEALTH COVER (OSHC)
Medibank is our chosen provider of Overseas Student Health Cover (OSHC), which helps international students cover their medical costs whilst in Australia. Learn more about how to get the most out of your OSHC, including how to see a doctor and how to make a claim: students.mq.edu.au/OSHC

Extra tips for research students
Being a research student is quite different to being an undergraduate or even a postgraduate. It’s more. More in-depth study, more commitment, more juggling and more of what you love. All this ‘more’ requires a balanced approach from you – and support when you need it from us.

ACCESS MORE ...

LIBRARY
Build your research skills, manage your research data and set up consultations with your Faculty or Clinical Librarian for advice on conducting research and managing research output and analysis. Get more information at mq.edu.au/library/research-support

TIP: The Library has a dedicated silent study space, on Level 5, for research students only. Use the free libMQ app to find out more.

SCHOLARSHIPS
To effectively support the demands of research, Macquarie has three types of scholarships that usually include a living allowance (stipend), tuition fee support and other allowances. Find out more and search for scholarships at mq.edu.au/research/scholarships

TRAINING, SUPPORT AND TOOLS
The Support and Development team run programs to help you become an independent, resilient and empathetic researcher with sustainable, transferable skills and the confidence to work collaboratively with industry and community partners.

The Support and Development team run these four programs to help you ... and community partners:
• Mentors Program
• Study Skills
• Professional Development
• Supervision Enhancement Program

Look out for the HDR Matters monthly newsletters for announcements and professional development opportunities. students.mq.edu.au/hdr/training-support-tools

DID YOU KNOW? ???
As a research student, you have the same access as all Macquarie students to our help and support services. Check out:

Student Wellbeing mq.edu.au/wellbeing
Career and Employment Service students.mq.edu.au/careers
Service Connect for general help and support students.mq.edu.au/service-connect
Childcare students.mq.edu.au/child-care
General scholarships students.mq.edu.au/scholarships

And so much more – see pages 21–30 for more details.
GETTING HELP

Download the free MQ Wellbeing app from your app store for all the tools you need to manage your money. The app gives you access to:

- financial planning
- free online resources such as the Australian Government’s moneysmart.gov.au
- financial counselling with the National Debt Helpline on 1800 007 007.

You should also check if you’re eligible for support from the Australian Government at studyassist.gov.au

Uni costs and help

It can be hard to focus on your study, your goals or anything when money is tight. We also know that, for some of you, starting university means managing your own money for the first time – and that can take practice.

LET’S TALK MONEY...

There are a few costs that every student pays when they study at Macquarie:

1. **Tuition fees** – these will be calculated based on the units you study and the level of study you’re undertaking (undergraduate, postgraduate coursework/research or international). Some students need to pay fees up front.
   - You can find out what fees you owe in **eStudent** in the ‘My Finances’ tile
   - Find out your student fee rates at mq.edu.au/unifees
   - Check payment due dates and other important information at students.mq.edu.au/finances/fees

2. **SSAF (Student Services and Amenities Fee)**
   - this fee contributes towards funding for non-academic student services, support and facilities such as our free MQ Wellbeing app, employment opportunities for our students and this diary.
   - The SSAF is charged each study term/session.
   - You can find out what SSAF you owe in **eStudent** in the ‘My Finances’ tab.
   - Find out how to pay SSAF and what we fund at students.mq.edu.au/ssaf

3. **Other costs** – depending on what you’re studying, you may have to pay for textbooks or equipment, such as covered shoes, lab coats, art supplies, etc. If you’re studying a course that has placement requirements, there could be things you’ll need to buy that relate to your placement. You’ll find out about other study-related costs from your faculty when you enrol.

TIP: Scholarships, student grants and loans may be available to help with other uni-related costs.

TIP: You can apply for a payment plan if you’re struggling to pay your fees.

**ESTIMATED LIVING COSTS**

<table>
<thead>
<tr>
<th>LIVING EXPENSES</th>
<th>WEEKLY COST* (AUD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rent (on campus or off campus)</td>
<td>$250 – $550</td>
</tr>
<tr>
<td>Phone and internet</td>
<td>$20 – $50</td>
</tr>
<tr>
<td>Entertainment</td>
<td>$50 – $100</td>
</tr>
<tr>
<td>Food and groceries</td>
<td>$80 – $200</td>
</tr>
<tr>
<td>Public transport</td>
<td>$10 – $50</td>
</tr>
</tbody>
</table>

*Costs are indicative only and will vary according to your lifestyle and preferences.
GET CONNECTED

Your orientation and new student tips

Connect with other students

Student groups

Connect with your learning

Your learning journey

Your ‘firsts’ and support networks

Support services
YOUR STUDENT JOURNEY
For each study session, your student journey may look this:

ACADEMIC CALENDAR
For most students, the academic year consists of two 13-week sessions: Session 1 and Session 2. There is a 2-week mid-session break and 3 weeks for exams at the end.
students.mq.edu.au/study/course/dates

ENROLMENT
Enrol in units, register for classes, get your Campus Card online.
students.mq.edu.au/study/enrolling
mq.edu.au/campus-card

MACQUARIE KICKSTART WEEK
Program for new students to get ready for your studies

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). Chat to Student Connect for questions
students.mq.edu.au/support/centres/service-connect

FIRST WEEKS
Attend classes, academic and writing workshops; go to social events and create good study habits

ORIENTATION
Complete you online onboarding, attend O week; engage with student group stalls and join mentors and buddies activities

FIRST ASSESSMENT DUE
Engage with the Library Services, get help at the Writing Centre and stay balanced with MQ Wellbeing app

CENSUS DATE
The last date that you can withdraw from a unit without having to pay for it. Refer to mq.edu.au/unifees. For more information, always visit the relevant pages to check important dates

RESULTS
Released two weeks after the examination period ends. Didn’t get what you expect? Chat to Student Connect students.mq.edu.au/support/centres/service-connect

FINAL ASSESSMENTS AND EXAMS
Check with the Writing Centre for exam preparation and advice. Find your timetable and more help at students.mq.edu.au/exams

MID-SESSION BREAK
Take some time to rest, relax, reset and get ahead 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. Chat to Student Connect for questions students.mq.edu.au/support/centres/service-connect

Find out more important dates and what to expect in your student journey at students.mq.edu.au/study
Macquarie Kickstart and Orientation

The best way to be ready for study at Macquarie is to attend Orientation Week (O Week) and Macquarie Kickstart. Macquarie Kickstart runs the week before session starts in Session 1, and O Week is the first week of study. Both Macquarie Kickstart and O Week have a series of events, activities and information sessions designed to make sure you’re prepared for study, but most importantly, you’ll get to meet people.

WHAT HAPPENS AT MACQUARIE KICKSTART
• Prepare for your studies and meet the class of 2023!
• Connect with your Faculty, academics and other support services that will help you with your studies and student experience at Macquarie
• Participate in activities that will aid in your transition to university life
• Learn how to use our systems to enrol, network and thrive on campus.

WHAT HAPPENS AT O WEEK
• Meet people – academics and other students from your course, people from your town/country, people you’ll be spending time with over the next few years
• Join the fun! Meet student and sporting groups through stalls and activities
• Connect with a Peer Mentor who will help you transition into studies at Macquarie
• Engage in social activities in Central Courtyard
• Find out about the many services, support and facilities to help you succeed in your studies
• Explore your student life by connecting with the community at our fun social activities.

To make the most of Macquarie Kickstart and O Week, find out more at mq.edu.au/orientation

TOP 5 TIPS FROM CURRENT STUDENTS’

1. STRIKE UP A CONVERSATION OR CHAT
   Connect with people the old-fashioned way during class breaks by striking up a conversation or posting a chat in your Zoom. You already have something in common – you’re all studying at Macquarie – and they’re probably just as nervous, excited or unsure as you are.

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

3. DEVELOP TIME MANAGEMENT SKILLS
   Check out our time management module in iLearn to set yourself up with great study habits.
   ilearn.mq.edu.au

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

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

Fine tune your study habits and more at students.mq.edu.au/academic-progression
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

MACQUARIE UNIVERSITY PEER MENTORS
Starting at Macquarie 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

YOUR SRC
WHO ARE THEY?
SRC stands for Student Representative Committee. The official definition of SRC is ‘the University’s peak consultative body for undergraduate and postgraduate students’.

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

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

CONTACT THE SRC
E: src@mq.edu.au
mq.edu.au/src

MACQUARIE UNIVERSITY BUDDY PROGRAM
The Macquarie University Buddy Program provides students with support and a point of contact to assist in your transition into uni life.
students.mq.edu.au/buddies

TIP: Make sure you click ‘Join Program’ for the Macquarie University Peer Mentors.

TIP: Interacting with others can help build your self-confidence and can make study easier.
Student groups
Our student groups, clubs and societies are run for students by students. These groups are all about connections – join them at O Week or see students.mq.edu.au/student-groups to find their contact details.

SPECIAL INTEREST
- Acapella Society
- AnimeMQ
- Chess Society
- Climbing Society
- Dance Academy
- Debating Society
- DRAMAC
- Exchange Students Society
- Gaming Society
- Gaymer Gang
- Grapeshot
- Harry Potter Society
- KPOP Society
- Machining Society
- Martial Arts
- Music Society
- Musical Theatre Society
- Orbital
- Philanthropy Club
- Philosophy Society
- Photography Society
- Queer Collective
- Science Fiction & Fantasy Association
- Sustainability Society
- Swifties
- Symphony Orchestra
- Tabletop Society
- Women’s Collective
- Writers@MQU

CULTURAL
- Afghan Youth Association
- Armenian Students’ Association
- Assyrian Society
- Cambodian Society
- Filipino Students Society
- Greek Association
- Indian Society
- Indigenous Students Association
- Indonesian Student Society (PPIA)
- Japanese Association
- Lebanese Association
- Los Latinos
- Nordic Society
- Overseas Vietnamese
- Pakistans at Macquarie
- Pasifika Student Association
- Singapore Students Association
- Sikh Society
- Slavic Society
- Sri Lankan Student Society
- Taiwanese Students Association
- Tamil Sangam
- Vietnamese Students Association

SPORTS
- AFL Club
- Cheerleading Club
- Cricket Club
- Dance Club
- Fencing Club
- Hockey Club
- MacAlpine Club
- Quidditch Club
- Rowing Club
- Rugby Football Club
- Rugby League Club
- Soccer Club
- Squash Club
- Swimming Club
- Table Tennis Club
- Ultimate Frisbee Club
- Volleyball Club
- Waterpolo Club

PROFESSIONAL AND FACULTY
- 180 Degrees Consulting
- Accounting Students Association
- Actuarial Students Society
- AIESEC
- Ancient History Association
- Archaeology Society
- Association of Computing Students
- Automotive Society
- Business Analytics Club
- Business Society
- Chiropractic Students Association
- Clinical Science Society
- Economics Society
- Education Society
- Enactus
- Engineers Without Borders
- Entrepreneurship Club
- Geography and Planning
- Student Society
- Law Society
- Marketing Student Association
- Medical Science
- Medical Society (Postgrad)
- Medicine Society
- Physics and Astronomy Society
- Physiotherapy Society
- Psychology Society
- Robotics Society
- Rural Health Club
- Security Studies and Criminology Society
- Speed Team
- STEM Equity Alliance
- Surgical Society
- University Network for Investing and Trading
- Women Entering Business

RELIGIOUS AND SPIRITUAL
- Catholic Asian Students Society
- Catholic Society
- Christian Union
- Falun Dafa Club
- Fellowship of Overseas Christian University Students
- Hillsong on Campus
- Muslim Students Association
- Navigators

POLITICAL AND SOCIAL JUSTICE
- Effective Altruism
- Labor Club
- Model United Nations
- Nationals Society
- Socialists

DID YOU KNOW?
You can represent Macquarie in university competitions like Nationals, and compete against other unis. Find out more about our sport development at students.mq.edu.au/uni-life/clubs-societies/sports
Connect with your learning

Now that you’ve made connections outside the classroom, it’s time to develop a plan to connect with your learning.

PREPARATION IS THE KEY TO SUCCESS

Read your unit guide before you start classes. It includes information about teaching staff, unit descriptions, learning outcomes, assessment tasks and due dates, required readings/textbooks, policies and procedures, and more. Find your unit guides in iLearn or at unitguides.mq.edu.au

Do any required reading before class – Your iLearn unit will tell you what you need to read before class. Read and be prepared to connect and engage with this material in your classes. You’ll be able to access your unit readings in iLearn, via Leganto, via MultiSearch, or in your textbook.

STAY CONNECTED WITH YOUR LEARNING

Check iLearn regularly – daily or at least every second day. This is where your lecturer or tutor will communicate important information and announcements about things you need to know. ilearn.mq.edu.au

Check your student email regularly to make sure you’re up to date with any announcements and activities.

TIP: Keep on track by putting all your assessment due dates in the ‘Get organised’ section of this diary.

CONNECT IN CLASSES

There are five main types of classes you’ll attend, with lectures and tutorials being the most typical. Classes can be via Zoom, on campus or a mixture of both depending on what you have enrolled in and how your unit is taught.

1. LECTURES
   Lectures involve listening to information and content from a lecturer in a large group with many other students.

2. TUTORIALS
   In tutorials, you discuss the content and information from the lecture with a small group of students.

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

4. PRACTICALS
   Practicals are hands-on classes (eg lab experiments).

5. SMALL GROUP TEACHING ACTIVITIES (SGTA)
   Can be a range of activities (depending on the unit) taught in small groups of students.

TIP: Check your timetable as some faculties have different class types than the ones listed here.
NEW APPROACHES TO KNOWLEDGE
As knowledge is constantly developing, you'll join academic conversations and discuss ideas.

CHALLENGE AND COMPLEXITY
You’ll be introduced to complex real-life problems, requiring you to challenge yourself and stretch your thinking.

A DIVERSE COMMUNITY
You’ll meet students and staff from more than 140 countries. Mixing with people from other backgrounds, experiences and perspectives will help you to see the world in new ways.

NEW WAYS TO LEARN
You’ll learn to reflect on your progress and growth, and take control of your own learning.

WORK-READY TOOLS AND SKILLS
Your classes and assessments will introduce a variety of digital tools, conceptual frameworks and skills that you can apply to professional situations.

CONTROL OVER YOUR LEARNING
Beyond class time, you’ll be studying independently – allowing you to decide when and how you study.

COLLECT POSITIVE EXPERIENCES
• Find activities you enjoy outside study – and keep them going.
• Help others. Find a buddy and study together.
• Volunteer and make a difference – big or small.

BUILD MASTERY
• Continue to learn small skills. This will increase your confidence to learn and grow, even if the skills aren’t related to your study.

LEAN IN
• Don’t be afraid to stretch yourself.
• Reframe your attitude to welcome challenge.
• Break down your challenge into actionable steps.

COPE AHEAD
• Know where to get help and advice.
• Have a weekly check-up with yourself: How are you going? Any ways to work smarter?
• Be flexible: adapt your plans if needed.
• Be realistic about what you can achieve.
Your learning journey
You could experience a roller-coaster of emotions during your studies that might look something like this:

At the start of the session, you feel relatively OK, sometimes even excited.

As the demands of the session grow, you may experience challenges and at times feel frustrated and confused.

When you begin working on assessments, it’s quite common to feel self-doubt, anxiety, a lack of motivation or even depression, and begin to question your capabilities.

Once you have found the right support and strategies, you begin to adjust and your self-belief, confidence and motivation returns.

It’s important to know that you’re not alone and that there are many ways to overcome setbacks throughout your learning journey.

TIPS FOR LEARNING SUCCESS

1. **Be your own #STUDYBOSS** – Take charge of your study. Block out a fixed amount of study time and think of active, creative ways to keep your learning interesting.

2. **Plan** – Set yourself a few SMART goals (specific, measurable, action-based, realistic, time-bound) to complete during your study session.

3. **Get in the zone** – Start your study session by blocking out distractions, collecting anything you need (laptop, notebook and pen, playlist ...) and completing an easy task to help you settle in.

4. **Stay connected with your classes** – Log in to iLearn regularly for the latest news via class announcements and discussion forums.

5. **Read** – You’ll probably be reading more on a screen. To stay focused, pick the best reading strategy for your task (skim, scan, study ...) and make notes of key points.

6. **Connect, communicate and collaborate** – Sharing your knowledge is an effective way to learn and build your networks. Post your ideas and respond to your classmates via class discussion forums, webinars and group projects. Make sure your responses are respectful.

7. **Search** – Access Library resources anywhere, anytime. Not sure how to start? Check out the Library’s subject and research guides for your subject or chat online to a librarian [libguides.mq.edu.au](http://libguides.mq.edu.au)

8. **Edit/proofread all your work** – Even an email to your lecturer or a discussion post should be respectful, professional and grammatically correct. Take time to read through your emails before you hit send. For longer assignments, use an editing/proofreading checklist to produce a professional document.

9. **Get help early** – Connect with the free services available to analyse your task, find resources, or get feedback on your writing. Ask early so we have more time to help you get the best results.

10. **Wrap up every study session** – Close off your study session with a quick review. How did your session go? Would another study strategy be more effective? Then head off for family time, exercise or something completely different.

**TIP:** See pages 21-24 for more information.

TIP: Use free Macquarie services – such as workshops and consultations – to improve your assignments. [students.mq.edu.au/support/study/writing](http://students.mq.edu.au/support/study/writing)
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

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

LIBRARY
Macquarie’s 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

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

STUDENT WELLBEING
Student Wellbeing is 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

STUDYWISE
Use this resource to help with your assignments. Find out how to structure and write different types of assignments, and to research, plan and reference effectively. You can also see examples of authentic student writing for different types of assignments.

Find it in iLearn at ilearn.mq.edu.au

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

WE’RE ONLINE WITH (YOU)
Download the free MQ Wellbeing, My Legal Mate, Talk Campus and libMQ apps.
Chat to us online at mq.edu.au/library and students.mq.edu.au/service-connect
YOUR FIRST LESSON – POSITIVE ONLINE COMMUNICATION

We expect you to always treat others with respect and not to act in a way that stops others from participating or enjoying their uni experience.

TIP: Before you do something online, ask yourself, “Would I do or say the same thing in person?” If the answer is no, then it’s not something for online either.

MANAGE YOUR COMMUNICATION ONLINE BY:

1. ASKING RESPECTFULLY
   Word your comments clearly, and don’t overwhelm your reader with unnecessary background information.

2. READING IN CONTEXT AND NOT RESPONDING INSTANTLY
   When you read a forum post or an email reply that seems offensive or upsetting, don’t react immediately. It may simply have been written in a hurry or without attention. Take a moment to think about the issue and get perspective, and respond when you’re feeling calmer.

3. WRITING CAREFULLY
   Communication in a face-to-face setting includes your words, tone of voice, facial expressions and body language. These physical cues are missing when we communicate online, which makes it difficult to express humour, irony, sarcasm, disagreement or frustration in an online discussion or blog post. Use language thoughtfully in online communication, and take care to write responsibly and clearly.

4. ACTIVELY LISTENING
   Active listening can help you to participate effectively in online classes and tutorials, especially in breakout spaces. Demonstrate respect for your classmates by asking questions and offering responses, as if you were in a face-to-face setting.

5. MANAGING CONFLICT WELL
   Resolve online disagreements by practicing positive communication: Explain your position clearly, take responsibility for your actions, prioritise finding a solution and be prepared to compromise with others. If you’re experiencing conflict online, don’t continue it in a public space, such as chat or online group environments, as this invites other people into the discussion and can make the situation worse. Move to one-on-one communications such as email or private chat.

YOUR ‘FIRSTS’ AND SUPPORT NETWORKS

There will be many ‘firsts’ at Macquarie, and for most of these, you’ll be interacting with people online – during classes, via unit chat groups and email exchanges, in information sites and platforms (eg social media channels) and at online events with your new peers and friends.

YOUR FIRST ASSESSMENT AND EXAMS

These can be stressful particularly if you suffer from poor time management and blindness.

DO YOU TEND TO ...

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

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

Managing your poor time management is finding the support and strategies that allow you to adjust and grow over the session. Once you balance all the demands in your life, you’ll notice positive effects that help you to work smarter, not harder.

Check out our time management module to set yourself up with the great study habits!

ilearn.mq.edu.au/user/index.php?id=66762
Schedule in your weekly activities and find time to complete specific tasks.

Write down daily to-do lists and prioritise what needs to be done.

Set monthly goals for different parts of your life – study, exercise, socialising, Netflix binging, etc.

Schedule
Leisure and exercise
Work
Educational activities
Eating
Grooming
Travelling
Other

*Sample breakdowns from Wellbeing WISE, available on iLearn

TOOLKITS
Discover your support networks.

FEELING OVERWHELMED AND/OR ISOLATED?
Take time for yourself. Try relaxation techniques or breathing exercises to reduce symptoms of stress. Go for a short walk or catch up with a friend.

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

For online resources and more support, Student Wellbeing offer free and confidential services. mq.edu.au/wellbeing

NOT UNDERSTANDING THE CONTENT OR QUESTION?
Speak to your lecturer or tutor if you have questions about unit content or the academic expectations. You can also speak to the Writing Centre to discuss your assignment question or study issues.

mq.edu.au/support/study/writing

NOT GETTING ASSIGNMENTS DONE ON TIME OR MISSED AN ASSESSMENT/EXAM?
You may be eligible to apply for an extension if you experience a circumstance that is serious and unavoidable. You’ll need to follow the special consideration process.

mq.edu.au/special-consideration

ARE YOU SICK OR UNWELL?
Rest and get well – you can catch up on what you miss by reviewing lecture materials online or asking one of your classmates if they can share their notes with you. If you miss more than a week, you should ask your lecturer or tutor for advice on how to get back on track.

If you miss a compulsory class, you might need appropriate evidence such as a medical certificate. You can get one from our on campus GP Clinic:

mqhealth.org.au/gp

JUST NEED HELP? CONTACT SERVICE CONNECT

Online self-service is available at ask.mq.edu.au

Live chat at students.mq.edu.au/service-connect

Ground Floor, 18 Wally’s Walk (18WW)

T: (02) 9850 6410
Support services
We’ve told you about many of the learning, peer and financial support services already, but there are some more you may need to know about.

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

ADVOCACY
Student Advocacy helps students understand and navigate our policies and procedures, and are a great source of advice.

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

COUNSELLING, WELFARE AND EMERGENCY CARE
Student Wellbeing offers a range of psychological and welfare support including free online resources, counselling, welfare, emergency care and referral to external providers. Student Wellbeing is located at Australian Hearing Hub, 16 University Avenue.

mq.edu.au/wellbeing

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

COURSE GUIDANCE
Use our Course Guidance form to help you understand and plan your studies to make sure you’re on the right path. You may also ask questions regarding course changes, or academic standing using this form.

students.mq.edu.au/course-guidance

LGBTIQA+
Macquarie supports LGBTIQA+ students and works to provide a safe and inclusive environment for all students. Visit the Queer Room on, Ground Floor, 18 Wally’s Walk, or connect with our Ally Network to find out about events and support on campus 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. Support off campus is available via QLife qlife.org.au.

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

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

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
GET EMPLOYED

Planning your future
Gaining experience
Employability skills development
Get career-ready with (YOU)Us
Finding and applying for jobs
Your next steps
I’m still deciding my career direction. I’m learning about employability skills and professional identity. I’m looking for a professional job.

EXPANDING YOUR KNOWLEDGE OF OPPORTUNITIES
ENGAGE WITH CAREERS AND STUDENT EMPLOYMENT
START TO UNDERSTAND EMPLOYABILITY SKILLS
START DEVELOPING PROFESSIONAL SKILLS
ESTABLISH YOUR CAREER DIRECTION

DEVELOPING
GET EXPERIENCE
IMPROVE APPLICATION SUCCESS RATE
UNDERSTAND INTERVIEWS
DEVELOP YOUR BRAND

TRANSITIONING TO WORK
TARGET YOUR JOB SEARCH
PROMOTE YOUR BRAND
EXPAND YOUR PROFESSIONAL NETWORK
ROAD TEST YOUR CAREER PLAN THROUGH PACE

BE A PROACTIVE JOB SEEKER

CAREER-READY

For more advice and information on your career journey at Macquarie, see students.mq.edu.au/careers
Planning your future
Developing a career plan helps you to define your future career path and take charge of your own skill development. A career plan will also give you a sense of direction and purpose to your studies.

YOU CAN PLAN FOR YOUR FUTURE IN FOUR STEPS:

1. **UNDERSTAND YOURSELF**
   Know your values, interests, personal attributes and skills (VIPS). This will help you make informed career decisions and improve the likelihood of career satisfaction.

2. **RESEARCH YOUR OPTIONS**
   Use self-assessment tools to identify and research careers you may be interested in. As you search, think about:
   - work-life balance
   - qualifications, certifications, registrations
   - industry culture and players
   - growth areas
   - scope for professional development
   - potential employers
   - rewards and benefits
   - career and employment prospects
   - industry recruitment practices.

3. **GET INVOLVED AND GET EXPERIENCE**
   The best way to learn about an industry or occupation is by trying it out. Try asking someone working in the industry or in the job you want for information about their own career path. Or try an internship.

   Start building your professional networks at uni – many of our student groups and extracurricular programs are a great way to do this.

4. **SET CAREER GOALS**
   Make an action plan with short-term and long-term goals to help keep you focused and moving towards a career in your chosen field. The key to good career planning is to be SMART:
   - **Specific** – make your objectives clear and easy to understand.
   - **Measurable** – set time frames for each objective and ensure these are achievable and reasonable.
   - **Action-based** – be realistic and don’t make your goals too complex. Don’t tackle something too big. Keep them simple, easy to understand and follow through with.
   - **Realistic** – consider other commitments and make sure you’re not expecting too much of yourself by striving for the impossible.
   - **Time-bound** – consider short-term vs long-term goals. Short-term goals are quick, simple activities such as identifying your skills, updating your résumé or attending a workshop. Long-term goals are ultimate career goals – they set your ultimate direction.

Once you’ve got a plan, act on it and make adjustments for each stage of your studies.

**TIP:** You have free and unlimited access to Employability Connect – an online portal that is full of resources, online tools, job opportunities, and events and activities. goto.mq/ec
Gaining experience and skills development
Gaining professional experience as early as possible in your studies will help you to stand out from the crowd.

START BUILDING YOUR EXPERIENCE EARLY TO:
• become job-ready
• develop as a well-rounded graduate and maximise your employability
• decide if the role or industry is a good fit for your VIPS
• acquire technical, practical or interpersonal skills
• highlight your employability skills and achievements on job applications
• build your network and industry contacts
• practice and improve your English language skills.

When considering work experience, degree-relevant experience is the most valuable. We recommend the following:
• curricular activities – such as PACE (Professional and Community Engagement) or your capstone unit
• co-curricular activities – Study Abroad and Exchange at a partner university
• extracurricular activities – such as the GLP (Global Leadership Program) and volunteering on campus with student groups, peer mentors and student leadership roles
• internships – may be part of your course, or you can find paid roles on Employability Connect
• interdisciplinary and innovation competitions – a chance to also build collaboration and teamwork skills
• paid casual employment – this is highly valued as you can develop employability skills and demonstrates you can balance your work and study commitments.

WE'RE HERE TO HELP
Our Career and Student Employment is designed to help you explore your options, build your employability skills and work with you to make career decisions.

WE OFFER:
• workshops and career consultations – book online through Employability Connect
• career events throughout the year – such as fairs, industry expert presentations and seminars
• exclusive access to online tools such as MyMQ Career Zone and Resume Builder CV360, which checks your résumé and gives you tailored feedback
• MQ Student Employment team that helps place you in a job.

POLISH YOUR INTERVIEW SKILLS
Interview360 is an artificial intelligence powered online interview training tool. This online tool gives you feedback on your online interview skills and set-up. It will tell you if you:
• use too many filler words such as ‘uh’, ‘um’, ‘well’
• look sad, happy, confident, etc
• don’t have good quality sound or visuals.
And it’s free for you to use. Access Interview360 at students.mq.edu.au/interview360

BONUS
Upload your CV in Employability Connect. This means that the Macquarie Student Employment team can actively search and match your skills to advertised jobs.
YOUR CAREER CHECKLIST

BE PROACTIVE AND START TODAY

☐ Build your résumé and cover letter in MyMQ Career Zone.

☐ Review your résumé with CV360.

☐ Explore career and employability resources and online tools in Employability Connect.

☐ Register with Macquarie Student Employment.

☐ Search for jobs and PACE opportunities on Employability Connect.

☐ Attend a workshop to build your employability skills and gain industry knowledge.

☐ Volunteer to help others and build your experience.

☐ Complete the Global Leadership Program (GLP).

☐ Apply for internships and work integrated learning opportunities – employers look to build a talent pipeline early.

☐ Invest time wisely in extra and co-curricular activities such as student groups and career development programs – Skills Development Program (SDP) and Professional Development Program (PDP).

☐ Join the Macquarie Employability Connect Facebook group to stay up to date on jobs and events.

TIP: Make good use of the expert coaches in Career and Student Employment – book a coaching session or join employer presentations.

libguides.mq.edu.au/linkedinlearning

The world of work is changing, and everyone is talking about employability and skills development but what does it actually mean?

Employability is described as the skills, knowledge and attributes which makes students and graduates more likely to gain employment and also more likely to adapt and change as career goals progress and the world of work shifts.

Employability skills, also called transferable skills, are those skills that are used in every job, no matter the position title or the field.

From day one at Macquarie, you will have opportunities to become a well-rounded and employable graduate.

MQ EMPLOYABILITY SKILLS GUIDE

The first step to a rewarding career is to identify what employers are looking for.

We have identified a set of 15 employability skills that are currently in demand by industry leaders:

1. Communication (written and spoken)
2. Critical thinking
3. Leadership and influence
4. Organisational skills
5. Data literacy
6. Problem solving
7. Teamwork
8. Self-awareness
9. Digital and information literacy
10. Creativity and innovation
11. Relationship management
12. Growth and adaptive mindset
13. Inclusive mindset
14. Career development
15. Global citizenship

By developing your employability skills, you will improve your professional profile and become what employers are looking for! All you will need to do is follow these 4 easy steps:

- Perform a skills self-assessment
- Get familiar with the MQ employability skills
- Evidence your skills
- Articulate your skills

ARE YOU AN INTERNATIONAL STUDENT?
ARE YOU A GRADUATE RESEARCH STUDENT?

There are specific resources and information for you in Employability Connect so make sure you take the time to look around. goto.mq/ec
Get career-ready with YOU

Macquarie 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

**CAREER DEVELOPMENT PROGRAMS**

For students wanting to dig deeper into career management skills and learn from other students, career development programs such as the Skills Development Program (SDP) and Professional Development Program (PDP) are the way to go. Interact with career coaches and get practical experience that is recognised with a micro-credential badge. In 2023, the Career Exploration Program will be offered for the first time.

students.mq.edu.au/careers/professional-development-program

**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

**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/glp

**VOLUNTEERING**

Volunteering as a Peer Mentor, a student group executive or a student representative/leader involves you in programs that benefit the University and wider community while adding to your experience and personal growth. Help others, make new connections and develop skills and experience that you can’t get anywhere else.

students.mq.edu.au/uni-life/leadership

**MACQUARIE UNIVERSITY CADETSHIP PROGRAM (NANGA MAI)**

Nanga Mai offers a unique opportunity for Macquarie’s Aboriginal and Torres Strait Islander students to gain paid practical work experience that is relevant to their course and in their chosen field of study. This program allows students to complete work placements across corporate, not-for-profit and community organisations, such as ANZ, the Redfern Legal Centre and Johnson & Johnson Medical. students.mq.edu.au/careers/information/atsi-students

**MACQUARIE UNIVERSITY INCUBATOR**

The Macquarie University Incubator has created entrepreneurship programs that train and nurture innovation and support the growth and success of impactful solutions to the world’s problems. Join a supportive community that encourages collaboration and commercialisation, helping people turn their ideas into a tangible asset. Be the spark. Be the change.

mq.edu.au/incubator
Finding and applying for jobs

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.

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:

- 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 and 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.

For more information, see students.mq.edu.au/careers/student-employment-service

FIND A JOB

On campus, you might see jobs available through:

- Macquarie Student Employment recruits for on-campus roles such as and Service Connect casual staff and Student Ambassadors – students.mq.edu.au/careers/looking/student-employment-service
- Campus Life is looking to fill roles at MUSAC, childcare centres and food and beverage outlets such as Ubar – mq.edu.au/campus-life/work-with-us
- Working at the University is where you’ll find academic and professional staff roles at Macquarie – jobs.mq.edu.au

For current graduate employment programs and internships, you can use:

- Macquarie University Careers Directory – mq-careersguide.prosple.com
- GradConnection – au.gradconnection.com

The top general job websites you can use are:

- SEEK – seek.com.au
- Indeed – au.indeed.com
- LinkedIn Job Search – au.linkedin.com/jobs
- CareerOne – careerone.com.au
- Australian JobSearch – jobssearch.gov.au
- Glassdoor – glassdoor.com.au

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.
APPLYING FOR JOBS
Applying for jobs can be a job in itself – you need to put together your résumé, a cover letter or selection criteria responses tailored to each job, and you need to understand exactly what employers are looking for.

Submitting multiple applications without getting interviews can be disheartening, but our Career and Student Employment team can help.

They provide advice on job search strategies, preparing for interviews or assessment centres, and run several programs to increase your employability.

Find out more at students.mq.edu.au/careers

TIP: There’s a range of industry-specific and career preparation/research websites you can use to find roles too. See the full list at students.mq.edu.au/careers/looking/job-websites

Your next steps
GRADUATION
It’s what you’ve been working towards – finishing your degree and getting the piece of paper that represents years of your life dedicated to learning. We know you’re super excited about the graduation ceremony and celebrating your amazing achievement with your family and friends. For more information, see students.mq.edu.au/graduation

IS IT YOUR FINAL YEAR OF STUDY?
In your final session, don’t forget to submit your ‘I expect to complete’ form via ask.mq.edu.au. This means your record is checked for eligibility to graduate.

For questions, chat to Service Connect at students.mq.edu.au/service-connect

HAVE YOU THOUGHT ABOUT A CAREER IN RESEARCH?
☐ Are you a naturally curious person?
☐ Do you enjoy finding out more about things that interest you?
☐ Do you enjoy finding solutions for national and global challenges?
☐ Do you want more from your study?

If you answered yes to any of these questions, then a career in research might be just what you need.

Explore your options at mq.edu.au/research

MACQUARIE UNIVERSITY IS RECOGNISED GLOBALLY AS A LEADING UNIVERSITY FOR EMPLOYABILITY:
RANKED #9 in Australia for employability (QS Graduate Employability Rankings, 2022)
AUSTRALIA’S BEST EMPLOYABILITY PROGRAM: Bachelor of Arts (2020 AFR Higher Education Award)
TOP 100 IN THE WORLD for employability (QS Graduate Employability Rankings, 2022)
GET ORGANISED

Key dates
Yearly overview
Time management
GETTING ORGANISED IS ALL ABOUT PRIORITIES

There is a lot to balance while you are studying. If you’re anxious or frustrated because you often complete study- or assignment-related tasks at the last minute, it could be that these **high-value activities** are lost in a schedule crammed full of **lower-value** tasks.

Try the **Eisenhower Priority Matrix** tool to help you rank the **relative importance** and **time sensitivity** of activities in your weekly schedule. And make sure you use this diary! Find out more: [bit.ly/3RZcxl7](bit.ly/3RZcxl7)

The Academic Progression and Self Guidance Tool has been created to help you find the support you need based on the challenges you are facing. Find out more: [bit.ly/3SUYleq](bit.ly/3SUYleq)

---

**THE PRIORITY MATRIX FOR STUDY**

**HOW DOES THE PRIORITY MATRIX WORK?**

<table>
<thead>
<tr>
<th>IMPORTANT AND URGENT</th>
<th>IMPORTANT NOT URGENT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TOP PRIORITY: DO THEM NOW</strong></td>
<td><strong>SCHEDULE THESE IN YOUR DIARY</strong></td>
</tr>
<tr>
<td>• Finalise your daily schedule</td>
<td>• Schedule activities for assignments due later on</td>
</tr>
<tr>
<td>• Identify projects with deadlines</td>
<td>• Consider what key skills will be useful</td>
</tr>
<tr>
<td>• Complete assignments due today</td>
<td>• Undertake exam revision</td>
</tr>
<tr>
<td>• Review readings for this afternoon’s class</td>
<td>• Identify new opportunities</td>
</tr>
<tr>
<td>• Help a friend with an assignment</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>URGENT NOT IMPORTANT</th>
<th>NOT URGENT OR IMPORTANT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DELEGATE (HAND OVER) ACTIVITIES THAT SOMEONE ELSE COULD DO BETTER THAN YOU</strong></td>
<td><strong>AVOID ACTIVITIES THAT DON’T RELATE TO STUDY OR THAT DON’T HELP YOUR LEARNING</strong></td>
</tr>
<tr>
<td>• Ask another group member to create the PowerPoint for the assignment (if you’re not good at PowerPoint)</td>
<td>• Avoid this ‘procrastination zone’</td>
</tr>
<tr>
<td></td>
<td>• Don’t make your lecture notes look ‘pretty’</td>
</tr>
<tr>
<td></td>
<td>• Don’t read articles or websites not relevant to your study topic</td>
</tr>
</tbody>
</table>
## Key Dates

### 2023 Session Academic Calendar
For students undertaking most undergraduate and postgraduate coursework degrees, including Open Universities Australia (OUA)

<table>
<thead>
<tr>
<th>Kick Start week</th>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 February</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orientation</td>
<td>20 February</td>
<td>17 July</td>
<td>11 December</td>
</tr>
<tr>
<td>Classes Start</td>
<td>20 February</td>
<td>24 July</td>
<td>11 December</td>
</tr>
<tr>
<td>Last date to enrol via eStudent</td>
<td>5 March</td>
<td>6 August</td>
<td>17 December</td>
</tr>
<tr>
<td>Census date (Teaching census)</td>
<td>17 March</td>
<td>18 August</td>
<td>21 December</td>
</tr>
<tr>
<td>Mid-session break (Recess)</td>
<td>10 April – 21 April</td>
<td>11 September – 24 September</td>
<td>25 Dec – 1 Jan 2024</td>
</tr>
<tr>
<td>Last withdrawal without fail</td>
<td>28 April</td>
<td>28 September</td>
<td>28 December</td>
</tr>
<tr>
<td>Classes resume</td>
<td>24 April</td>
<td>25 September</td>
<td>2 January 2024</td>
</tr>
<tr>
<td>Classes end</td>
<td>4 June</td>
<td>5 November</td>
<td>21 January 2024</td>
</tr>
<tr>
<td>Examinations</td>
<td>5 June – 23 June</td>
<td>6 November – 24 November</td>
<td>22 Jan 2024 – 29 Jan 2024</td>
</tr>
<tr>
<td>Results</td>
<td>6 July</td>
<td>7 December</td>
<td>8 February 2024</td>
</tr>
</tbody>
</table>

### 2023 – 4 Term Academic Calendar
For students undertaking postgraduate coursework degrees at the Macquarie Business School

<table>
<thead>
<tr>
<th>Classes</th>
<th>Last date to enrol</th>
<th>Census date</th>
<th>Last withdrawal without fail</th>
<th>Examinations</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>9 January</td>
<td>15 January</td>
<td>25 January</td>
<td>3 March</td>
<td>20 Mar – 26 Mar</td>
</tr>
<tr>
<td>Term 2</td>
<td>3 April</td>
<td>9 April</td>
<td>19 April</td>
<td>26 May</td>
<td>13 Jun – 18 Jun</td>
</tr>
<tr>
<td>Term 3</td>
<td>26 June</td>
<td>2 July</td>
<td>12 July</td>
<td>18 August</td>
<td>4 Sep – 10 Sep</td>
</tr>
<tr>
<td>Term 4</td>
<td>18 September</td>
<td>24 September</td>
<td>4 October</td>
<td>10 November</td>
<td>27 Nov – 3 Dec</td>
</tr>
</tbody>
</table>

### 2023 – 6 Term Academic Calendar
For students undertaking courses through the online Global of Master of Business Administration (GMBA) and Macquarie University College

#### GMBA

<table>
<thead>
<tr>
<th>Classes</th>
<th>Last date to enrol</th>
<th>Census date</th>
<th>Last withdrawal without fail</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online 1</td>
<td>9 January</td>
<td>6 January</td>
<td>18 January</td>
<td>25 January</td>
</tr>
<tr>
<td>Online 2</td>
<td>6 March</td>
<td>3 March</td>
<td>15 March</td>
<td>22 March</td>
</tr>
<tr>
<td>Online 3</td>
<td>1 May</td>
<td>28 April</td>
<td>10 May</td>
<td>17 May</td>
</tr>
<tr>
<td>Online 4</td>
<td>26 June</td>
<td>23 June</td>
<td>5 July</td>
<td>12 July</td>
</tr>
<tr>
<td>Online 5</td>
<td>21 August</td>
<td>18 August</td>
<td>30 August</td>
<td>6 September</td>
</tr>
<tr>
<td>Online 6</td>
<td>16 October</td>
<td>13 October</td>
<td>25 October</td>
<td>1 November</td>
</tr>
</tbody>
</table>

#### Macquarie University College

<table>
<thead>
<tr>
<th>Classes</th>
<th>Last date to enrol</th>
<th>Census date</th>
<th>Last withdrawal without fail</th>
<th>Examinations</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>6 February</td>
<td>5 February</td>
<td>21 February</td>
<td>3 March</td>
<td>20 Mar – 24 Mar</td>
</tr>
<tr>
<td>Term 2</td>
<td>3 April</td>
<td>2 April</td>
<td>18 April</td>
<td>28 April</td>
<td>15 May – 19 May</td>
</tr>
<tr>
<td>Term 3</td>
<td>29 May</td>
<td>28 May</td>
<td>13 June</td>
<td>23 June</td>
<td>10 Jul – 14 Jul</td>
</tr>
<tr>
<td>Term 4</td>
<td>31 July</td>
<td>30 July</td>
<td>15 August</td>
<td>25 August</td>
<td>11 Sep – 15 Sep</td>
</tr>
<tr>
<td>Term 5</td>
<td>3 October</td>
<td>1 October</td>
<td>17 October</td>
<td>27 October</td>
<td>13 Nov – 17 Nov</td>
</tr>
<tr>
<td>Term 6</td>
<td>4 December</td>
<td>3 December</td>
<td>19 December</td>
<td>5 January 2024</td>
<td>22 Jan – 26 Jan 2024</td>
</tr>
</tbody>
</table>

For updated information, see [mq.edu.au/study/calendar-of-dates](http://mq.edu.au/study/calendar-of-dates)

*Dates are correct as of printing October 2022.*
STUDY PERIODS*
Session 1 starts: 20 February
Session 2 starts: 24 July
Session 3 starts: 11 December

*Some courses have different study periods, refer to the key dates.
### AUSTRALIAN PUBLIC HOLIDAY 2023

<table>
<thead>
<tr>
<th>Holiday</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday 1 January – New Years Day</td>
<td>Monday 2 – additional public holiday</td>
</tr>
<tr>
<td>Thursday 26 January – Australia Day</td>
<td></td>
</tr>
<tr>
<td>Friday 7 April - Good Friday</td>
<td></td>
</tr>
<tr>
<td>Saturday 8 April - Easter Saturday</td>
<td></td>
</tr>
<tr>
<td>Sunday 9 April - Easter Sunday</td>
<td></td>
</tr>
<tr>
<td>Monday 10 April - Easter Monday</td>
<td></td>
</tr>
<tr>
<td>Tuesday 25 April - Anzac Day</td>
<td></td>
</tr>
<tr>
<td>Monday 12 June - Queen's Birthday</td>
<td></td>
</tr>
<tr>
<td>Monday 2 October - Labour Day</td>
<td></td>
</tr>
<tr>
<td>Monday 25 December - Christmas Day</td>
<td></td>
</tr>
<tr>
<td>Tuesday 26 December - Boxing Day</td>
<td></td>
</tr>
</tbody>
</table>

**Classes end**

**Census date (Teaching census)**

**Last date to enrol via eStudent**

**Mid-session break (Recess)**

**Examinations**

**Orientation**

**Last withdrawal without fail**

**Results**

**Public Holidays**

### Calendar

<table>
<thead>
<tr>
<th>APRIL</th>
<th>MAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUN</td>
<td>MON</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AUGUST</th>
<th>SEPTEMBER</th>
<th>JANUARY</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUN</td>
<td>MON</td>
<td>TUE</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Classes start**

**Kick Start week**

**Census date (Teaching census)**

**Last date to enrol via eStudent**

**Mid-session break (Recess)**

**Examinations**

**Orientation**

**Last withdrawal without fail**

**Results**

**Public Holidays**
If you can’t figure out your purpose, figure out your passion ... your passion will lead you right into your purpose.

(Bishop TD Jakes)
STUDENT DEALS

1 Day access pass
at Macquarie University
Sport and Aquatic Centre

10% off any hoodie
at MacShop
(in store only)

50% off any pizza
at Ubar

$1 regular coffee
at Wally’s Coffee & Toasties

25% off for any meal purchase
at ESC

Present this coupon to staff on arrival to claim your offer.
1 DAY ACCESS PASS AT MACQUARIE UNIVERSITY SPORT AND AQUATIC CENTRE

Valid for one day access at Macquarie University Sport and Aquatic Centre
Must use voucher to redeem offer
Offer expires 28 February 2023
Not to be used in conjunction with any other offer

MACQUARIE UNIVERSITY ABN 90 952 801 237 | U@MQ LTD ABN 27 125 926 169

10% OFF ANY HOODIE AT MACSHOP (IN STORE ONLY)

Limit of one per customer per offer
Must use voucher to redeem offer
Offer expires 29 September 2023
Not to be used in conjunction with any other offer
Not available for online purchases

MACQUARIE UNIVERSITY ABN 90 952 801 237 | U@MQ LTD ABN 27 125 926 169

50% OFF ANY PIZZA AT UBAR

Limit of one per customer per offer
Must use voucher to redeem offer
Offer expires 31 December 2023
Not to be used in conjunction with any other offer
Not available for online or catering purchase

MACQUARIE UNIVERSITY ABN 90 952 801 237 | U@MQ LTD ABN 27 125 926 169

$1 REGULAR COFFEE AT WALLY’S COFFEE & TOASTIES

Limit of one per customer per offer
Must use voucher to redeem offer
Offer expires 31 December 2023
Not to be used in conjunction with any other offer
Not available for online or catering purchase

MACQUARIE UNIVERSITY ABN 90 952 801 237 | U@MQ LTD ABN 27 125 926 169

25% OFF FOR ANY MEAL PURCHASE AT ESC

Limit of one per customer per offer
Must use voucher to redeem offer
Offer expires 31 December 2023
Not to be used in conjunction with any other offer
Not available for online or catering purchase. Max discount value $20

MACQUARIE UNIVERSITY ABN 90 952 801 237 | U@MQ LTD ABN 27 125 926 169
FEBRUARY

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

READY, SET, GO!
KICKSTART WEEK
13 Monday

VALENTINE’S DAY
14 Tuesday

MARDI GRAS
17 Friday – 5 Sunday

© WEEK
ORIENTATION
20 Monday

SESSION 1 CLASSES START
20 Monday
30
Monday

31
Tuesday

1
Wednesday
February

2 Thursday

3 Friday

4 Saturday

5 Sunday
February

6
Monday

7
Tuesday

8
Wednesday
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Thursday</td>
</tr>
<tr>
<td>10</td>
<td>Friday</td>
</tr>
<tr>
<td>11</td>
<td>Saturday</td>
</tr>
<tr>
<td>12</td>
<td>Sunday</td>
</tr>
</tbody>
</table>
February

20
Monday

21
Tuesday

22
Wednesday
MARCH GOALS

“Have no fear of perfection; you’ll never reach it.”
(Marie Curie)
<table>
<thead>
<tr>
<th>WED</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>THU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRI</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SAT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUN</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MON</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TUE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WED</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRI</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SAT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUN</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MON</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TUE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WED</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

AUTUMN
1 March – 31 May

CLEAN UP AUSTRALIA DAY
5 Sunday

INTERNATIONAL WOMEN’S DAY
8 Wednesday

HARMONY DAY
21 Tuesday

RAMADAN BEGINS
22 Wednesday
27
Monday

28
Tuesday

1
Wednesday
March

6
Monday

7
Tuesday

8
Wednesday
27
Monday

28
Tuesday

29
Wednesday
Live as if you were to die tomorrow.
Learn as if you were to live forever.
(Mahatma Gandhi)
You always learn a lot more when you lose.

(Ash Barty)
May

1
Monday

2
Tuesday

3
Wednesday
May

8
Monday

9
Tuesday

10
Wednesday
May

15
Monday

16
Tuesday

17
Wednesday
May

22
Monday

23
Tuesday

24
Wednesday
The biggest adventure you can ever take is to live the life of your dreams.

(Oprah Winfrey)
May

29
Monday

30
Tuesday

31
Wednesday
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Monday</td>
</tr>
<tr>
<td>6</td>
<td>Tuesday</td>
</tr>
<tr>
<td>7</td>
<td>Wednesday</td>
</tr>
</tbody>
</table>

**June**
June

19
Monday

20
Tuesday

21
Wednesday
June

26
Monday

27
Tuesday

28
Wednesday
May your choices reflect your hopes, not your fears.
(Nelson Mandela)
STUDENT DEALS

$5 chicken tender burger
at Crunch Café

$1 regular coffee
at Library Café

50% off when you spend over $10
at Library Café

$5 bacon and egg roll, veggie roll or ham & cheese roll before 10.30am
at Ubar

50% off toasties
at Wally’s Coffee & Toasties
$5 BACON AND EGG ROLL, VEGGIE ROLL OR HAM & CHEESE ROLL BEFORE 10.30AM AT UBAR
Limit of one per customer per offer
Must use voucher to redeem offer
Offer expires 31 December 2023
Not to be used in conjunction with any other offer
Not available for online or catering purchase

$5 CHICKEN TENDER BURGER AT CRUNCH CAFÉ
Limit of one per customer per offer
Must use voucher to redeem offer
Offer expires 31 December 2023
Not to be used in conjunction with any other offer
Not available for online or catering purchase

$1 REGULAR COFFEE AT LIBRARY CAFÉ
Limit of one per customer per offer
Must use voucher to redeem offer
Offer expires 31 December 2023
Not to be used in conjunction with any other offer
Not available for online or catering purchase

50% OFF WHEN YOU SPEND OVER $10 AT LIBRARY CAFÉ
Limit of one per customer per offer
Must use voucher to redeem offer
Offer expires 31 December 2023
Not to be used in conjunction with any other offer
Not available for online or catering purchase. Minimum spend $10, maximum discount $20

$5 BACON AND EGG ROLL, VEGGIE ROLL OR HAM & CHEESE ROLL BEFORE 10.30AM AT UBAR
Limit of one per customer per offer
Must use voucher to redeem offer
Offer expires 31 December 2023
Not to be used in conjunction with any other offer
Not available for online or catering purchase

50% OFF TOASTIES AT WALLY’S COFFEE & TOASTIES
Limit of one per customer per offer
Must use voucher to redeem offer
Offer expires 31 December 2023
Not to be used in conjunction with any other offer
Not available for online or catering purchase. Max discount value $20
<table>
<thead>
<tr>
<th>SAT</th>
<th>MON</th>
<th>WED</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>TUE</th>
<th>THU</th>
<th>WED</th>
<th>TUE</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>17</td>
<td>5</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NAIDOC WEEK**  
2 Sunday – 9 Sunday

**HUIRI NEW YEAR**  
18 Tuesday – 19 Wednesday

**ORIENTATION**  
17 Monday

**SESSION 2 CLASSES START**  
24 Monday
<table>
<thead>
<tr>
<th>Monday 3</th>
<th>Tuesday 4</th>
<th>Wednesday 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Day</td>
<td></td>
</tr>
<tr>
<td>--------</td>
<td>-----------</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Tuesday</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Wednesday</td>
<td></td>
</tr>
</tbody>
</table>
There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle.
(Albert Einstein)
## AUGUST

<table>
<thead>
<tr>
<th>Mon</th>
<th>Wed</th>
<th>Fri</th>
<th>Sun</th>
<th>Sat</th>
<th>Thu</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5</td>
<td>17</td>
</tr>
<tr>
<td>7</td>
<td>9</td>
<td>11</td>
<td>13</td>
<td>12</td>
<td>18</td>
</tr>
<tr>
<td>8</td>
<td>10</td>
<td>14</td>
<td>15</td>
<td>19</td>
<td>19</td>
</tr>
<tr>
<td>14</td>
<td>16</td>
<td>18</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>21</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>22</td>
<td>24</td>
<td>25</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>28</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Events:**
- **CITY2SURF:** 13 Sunday
- **WEAR IT PURPLE DAY:** 26 Friday
- **CHERRY BLOSSOM FESTIVAL:** 26 Friday
31
Monday

1
Tuesday

2
Wednesday
August

7
Monday

8
Tuesday

9
Wednesday
August

14
Monday

15
Tuesday

16
Wednesday
August

28
Monday

29
Tuesday

30
Wednesday
History isn’t something you look back at and say it was inevitable, it happens because people make decisions that are sometimes very impulsive and of the moment, but those moments are cumulative realities.

(Marsha P Johnson)
| FRI  | SAT  | SUN  | MON  | TUE  | WED  | THU  | FRI  | SAT  | SUN  | MON  | TUE  | WED  | THU  | FRI  | SAT  | SUN  | MON  | TUE  | WED  | THU  | FRI  | SAT  | SUN  | MON  | TUE  | WED  | THU  | FRI  | SAT  | SUN  | MON  | TUE  | WED  | THU  | FRI  |
|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 1    |      |      |      |      |      |      |      | 16   |      |      |      |      |      |      |      | 17   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 2    |      |      |      |      |      |      |      | 18   |      |      |      |      |      |      |      |      | 19   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 3    |      |      |      |      |      |      |      | 20   |      |      |      |      |      |      |      |      | 21   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 4    |      |      |      |      |      |      |      | 22   |      |      |      |      |      |      |      |      | 23   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 5    |      |      |      |      |      |      |      | 24   |      |      |      |      |      |      |      |      | 25   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 6    |      |      |      |      |      |      |      | 26   |      |      |      |      |      |      |      |      | 27   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 7    |      |      |      |      |      |      |      | 28   |      |      |      |      |      |      |      |      | 29   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 8    |      |      |      |      |      |      |      | 30   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |

**SEPTEMBER**

**SPRING**
- 1 September – 30 November

**FATHER’S DAY**
- 3 Sunday

**RUOK DAY**
- 14 Thursday

**YOM KIPPUR**
- 24 Sunday – 25 Monday

**MID-AUTUMN FESTIVAL**
- (MOON FESTIVAL)
- 29 Friday
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Monday</td>
</tr>
<tr>
<td>5</td>
<td>Tuesday</td>
</tr>
<tr>
<td>6</td>
<td>Wednesday</td>
</tr>
</tbody>
</table>
September

11
Monday

12
Tuesday

13
Wednesday
September

18
Monday

19
Tuesday

20
Wednesday
September

25
Monday

26
Tuesday

27
Wednesday
RESPECT OTHER PEOPLE AS MUCH AS YOU RESPECT YOURSELF. BE CONFIDENT IN WHO YOU ARE AND WHAT YOU CAN PRODUCE.

(Jackie Huggins)
October

2
Monday

3
Tuesday

4
Wednesday
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Thursday</td>
</tr>
<tr>
<td>6</td>
<td>Friday</td>
</tr>
<tr>
<td>7</td>
<td>Saturday</td>
</tr>
<tr>
<td>8</td>
<td>Sunday</td>
</tr>
</tbody>
</table>
October

9
Monday

10
Tuesday

11
Wednesday
October

16
Monday

17
Tuesday

18
Wednesday
Don’t let anyone rob you of your imagination, your creativity, or your curiosity. It’s your place in the world; it’s your life. Go on and do all you can with it, and make it the life you want to live.

(Mae Jemison)
<table>
<thead>
<tr>
<th>Day</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 1</td>
<td></td>
</tr>
<tr>
<td>Thu 2</td>
<td></td>
</tr>
<tr>
<td>Fri 3</td>
<td></td>
</tr>
<tr>
<td>Sat 4</td>
<td></td>
</tr>
<tr>
<td>Sun 5</td>
<td></td>
</tr>
<tr>
<td>Mon 6</td>
<td></td>
</tr>
<tr>
<td>Tue 7</td>
<td></td>
</tr>
<tr>
<td>Wed 8</td>
<td></td>
</tr>
<tr>
<td>Thu 9</td>
<td></td>
</tr>
<tr>
<td>Fri 10</td>
<td></td>
</tr>
<tr>
<td>Sat 11</td>
<td></td>
</tr>
<tr>
<td>Sun 12</td>
<td></td>
</tr>
<tr>
<td>Mon 13</td>
<td></td>
</tr>
<tr>
<td>Tue 14</td>
<td></td>
</tr>
<tr>
<td>Wed 15</td>
<td></td>
</tr>
<tr>
<td>Thu 16</td>
<td></td>
</tr>
<tr>
<td>Fri 17</td>
<td></td>
</tr>
<tr>
<td>Sat 18</td>
<td></td>
</tr>
<tr>
<td>Sun 19</td>
<td></td>
</tr>
<tr>
<td>Mon 20</td>
<td></td>
</tr>
<tr>
<td>Tue 21</td>
<td></td>
</tr>
<tr>
<td>Wed 22</td>
<td></td>
</tr>
<tr>
<td>Thu 23</td>
<td></td>
</tr>
<tr>
<td>Fri 24</td>
<td></td>
</tr>
<tr>
<td>Sat 25</td>
<td></td>
</tr>
<tr>
<td>Sun 26</td>
<td></td>
</tr>
<tr>
<td>Mon 27</td>
<td></td>
</tr>
<tr>
<td>Tue 28</td>
<td></td>
</tr>
<tr>
<td>Wed 29</td>
<td></td>
</tr>
<tr>
<td>Thu 30</td>
<td></td>
</tr>
</tbody>
</table>

**Special Days:****
- **EXAMS**
  - 6 Monday
  - 24 Friday
- **INTERSEX DAY OF SOLIDARITY**
  - 8 Wednesday
- **REMEMBRANCE DAY**
  - 11 Thursday
- **DIWALI**
  - 12 Sunday
- **INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN**
  - 25 Saturday
October/November

30
Monday

31
Tuesday

1
Wednesday
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Thursday</td>
</tr>
<tr>
<td>3</td>
<td>Friday</td>
</tr>
<tr>
<td>4</td>
<td>Saturday</td>
</tr>
<tr>
<td>5</td>
<td>Sunday</td>
</tr>
</tbody>
</table>
November

6
Monday

7
Tuesday

8
Wednesday
November

27
Monday

28
Tuesday

29
Wednesday
DECEMBER GOALS

Do the best you can until you know better.
Then when you know better, do better.

(Maya Angelou)
December

4
Monday

5
Tuesday

6
Wednesday
December

18
Monday

19
Tuesday

20
Wednesday
### YOUR FAST TRACK TO HELP

<table>
<thead>
<tr>
<th>NEED HELP WITH…</th>
<th>WHO CAN I CALL…</th>
<th>HOW…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergencies</td>
<td>Campus Security</td>
<td>T: (02) 9850 9999 on campus emergencies, Dial 000, <a href="http://mq.edu.au/security">mq.edu.au/security</a></td>
</tr>
<tr>
<td></td>
<td>Police, fire, ambulance</td>
<td><a href="http://mq.edu.au/security">mq.edu.au/security</a></td>
</tr>
<tr>
<td>Tech Bar</td>
<td>IT Service Desk</td>
<td>T: (02) 9850 4357, <a href="http://help.mq.edu.au">help.mq.edu.au</a></td>
</tr>
<tr>
<td>Mental health, disability or health impacting study, safety, finances or legal concerns</td>
<td>Student Wellbeing</td>
<td>T: (02) 9850 7497, T: 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></td>
</tr>
<tr>
<td>Your health</td>
<td>GP Clinic</td>
<td>MQ Health General Practice Suite 305, Level 3 2 Technology Place, T: (02) 9812 3944, <a href="http://mqhealth.org.au/gp">mqhealth.org.au/gp</a></td>
</tr>
<tr>
<td>Course Guidance</td>
<td>Service Connect</td>
<td>Find yours at <a href="http://students.mq.edu.au/support/study/course-guidance">students.mq.edu.au/support/study/course-guidance</a></td>
</tr>
<tr>
<td>Jobs career and employment skills</td>
<td>Career and student employability</td>
<td>T: (02) 9850 7372, <a href="http://students.mq.edu.au/careers">students.mq.edu.au/careers</a></td>
</tr>
<tr>
<td>Independent policy and procedural advice</td>
<td>Student Advocacy</td>
<td><a href="http://students.mq.edu.au/student-advocacy">students.mq.edu.au/student-advocacy</a></td>
</tr>
<tr>
<td>Accommodation Accommodation Services</td>
<td>T: (02) 9850 7965, <a href="http://accommodation.mq.edu.au">accommodation.mq.edu.au</a></td>
<td></td>
</tr>
<tr>
<td>Anything and everything</td>
<td>Service Connect</td>
<td>T: (02) 9850 6410, <a href="http://ask.mq.edu.au">ask.mq.edu.au</a></td>
</tr>
</tbody>
</table>

---

**FIND OUT MORE**

Macquarie University
Wallumattagal Campus
Macquarie Park NSW 2109

[mq.edu.au](http://mq.edu.au)

The information in this publication is correct as at time of printing (October 2022).

CRICOS Provider 0002J