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FROM ISSU

ISSU on the move!

Exciting news for ISSU and for our students – we will be moving to Level 5 in the fabulous new building on City Road, next door to the Wentworth Building, on 22 November this year. The Jane Foss Russell (JFR) Building is a central hub for services for students, with the Student Centre, International Office, Student Support Services, the Careers Centre and Casual Employment Office all housed in the one location. The OSHC Worldcare service desk will also be located in the JFR Building. With all student services in the one location, it will be easier and more convenient for you to find and access the services that you need.

Because of the move, ISSU will be closed for business on Friday 21 November when we will be packing everything up in our Services Building offices and on Monday 25 November, when we will be unpacking and getting organized in our new offices. During this time, however, we will still be able to respond to any emergencies. You can still use the same telephone number (9351 4749) and email address (info@issu.usyd.edu.au) to contact us. Your call will be transferred to our new number. We will be putting our new contact details on our web page as soon as we know them ourselves.

We look forward to seeing you in our new location.

Exams and End of Semester

No doubt you are all busy now completing assignments and starting to prepare for exams. A good study timetable can help you to make best use of the time between now and the exams. ISSU Counsellors can help you put together a good study timetable. We have also put together some tips for you to help you on the day of your exams including some information about what you need to do if you are unable to attend an exam for health or compassionate reasons, or if you become ill during an exam. You’ll find this information on page x of this Newsletter. From all of us at the International Student Support Unit, good luck with your exams!

If you will be traveling during the vacation, travel safely and enjoy the holidays.

Lidia Nemitschenko,
Head, International Student Support Unit
Unimates wins 2008 Best Club of the year!!!

First of all, a big congratulations to all committee and members of Unimates for this amazing achievement! This award was awarded to Unimates at the University of Sydney Union’s (USU) Annual Dinner on 31 October 2008. Unimates was chosen to be the winner among 200+ clubs and societies.

Following this award, the USU has expressed a keen interest in supporting Unimates take on bigger and more exciting roles for 2009.

This semester’s committee has broken the Unimates record of having the largest membership ever (400+). Attendance at Coffee and Cakes was also consistently well attended (by at least 20-30 people every week). Weekly activities mostly ran at maximum capacity with over 80 people attending the AFL game and 60+ attending the annual dinner.

For more information and photos, please see www.unimates.blogspot.com and www.facebook.com/group.php?gid=20503885864.
Become an ISSU Volunteer!!

Every Orientation the ISSU relies on the help of volunteers to welcome new students to our University. From the feedback we received, many volunteers found the experience very rewarding and made many new friends in the process. We are looking for friendly, reliable and culturally-sensitive volunteers to join the team of international student volunteers and together, help the ISSU with the Semester 1, 2009 International Orientation on 16-19 February.

Volunteer tasks include welcoming students, minding information stalls, campus tour guiding and general administrative duties.

If you have the following....
- Understanding of new international student needs
- Clear communication
- Cross-cultural sensitivity
- Initiative
- Responsible and professional work attitude
- Understanding of general ISSU and University services (This is not an essential requirement as training will be provided. However, an overall understanding of services will be helpful).

.....please email Lye Yee Tan, L.Tan@issu.usyd.edu.au as soon as possible. I would like to hear what experiences or skills you may have that meets this selection criteria.

Successful volunteers will be required to attend a training session in early February 2009.

*The ISSU provides counselling for international students and is responsible for the International Orientation. If you'd like to know more about us, please see http://www.usyd.edu.au/su/issu/

I look forward to hearing from you soon!

*Please note: My current working days are Monday, Tuesday and Wednesday.
Lye Yee Tan
International Student Counsellor
Exam Day Tips

Preparing for the exam on exam day
It is normal to feel some stress on the day of the exam but it is important to minimise the impact of that stress on your ability to think clearly. REMEMBER A SIMPLE EQUATION...THE HIGHER THE STRESS LEVEL THE LOWER THE ABILITY TO SOLVE COMPLEX PROBLEMS

Before exam day: check where the exam is to be held and when it starts. Make sure you know how to get there and how long this takes.

On the exam day:
1. Try to think of the exam as an opportunity to demonstrate your knowledge rather than a test that the university has put in place to make you fail....stay positive

2. Have a good breakfast...if you find it difficult to eat because of worry still eat something and maybe take something with you to eat before the exam

3. If you are really anxious remember that a short burst of exercise will help burn up the body chemicals that are released when under stress.....put on your favourite music and have a dance or do some push-ups or walk some of the way

4. Get to the exam 30 minutes before it starts

5. Pick out some notes you think are important and read them but don’t try to read all the semester notes

6. About 10 minutes before the exam starts stop reading the notes and close your eyes and take some deep breaths to relax....while you do this say something positive to yourself. You might just say that you have done all you can and that you will do your best or you might like to imagine yourself at your graduation ceremony.

7. Have a scan of the exam just like you scan an article before you read it so you know in a general sense what is being asked of you in the time available. Make sure you read the directions carefully. Allocate the time as best you can.

8. Then focus on each question one at a time. Make sure you follow the rules for each type of exam whether it is essay, short-answer or multiple-choice.

9. Don’t be disrupted by other students. If a student turns a sheet of the exam don’t think....gee they are on page two already....because they may have nothing on page one...focus on your own exam

10. If you get really stressed during the exam you must again close your eyes take a couple of breaths and say...relax relax relax....I know this is difficult when under pressure but remember the equation...stress high problem solving low

11. After the exam forget about it... because if you spend time worrying about the past and not focusing on the present you become stressed and waste time
**Special Consideration**

The University has special provisions for students who experience misadventure or illness during the exams. If you are sick on the day of the exam and can’t sit the exam you must get a professional practitioner certificate signed by a doctor. If you experience a panic attack on the day of the exam or in the exam you can apply for special consideration but you must go to the invigilator and then go and see a doctor to get a medical certificate. A panic attack is a very extreme stress response which is usually demonstrated by an inability to breath, a pounding heart, trembling and shaking, feeling of choking, chest pain, hot flushes and a felling of being detached from oneself, and sometimes a feeling that you are going crazy or that you might even die. If your application for special consideration is approved you will most likely be asked to sit the exam some other time. Come and see an ISSU counsellor to discuss your stress and learn about how to manage it. We can help you with this.

**Returning Home Seminar**

For those of you who are in their final semester, this is a reminder that the Returning Home Seminar will be held on Saturday 6 December. We will be sending out invitations by email during November. If you do not receive your invitation by 21 November, please contact us on info@issu.usyd.edu.au You will need to complete a registration form

**Vacation Activities**

From 22 November until studies resume on 2 March 2009, you are allowed to work full-time as long as your visa included permission to work. If you are looking for work during the Semester break, feel free to contact the Casual Employment Service or visit their website: http://www.careers.usyd.edu.ua/students/casual/index.shtml