

CO-OP SOC

FIRST YEAR GUIDE



contents

welcome

- 1** hello from the editors
- president's welcome

getting started

- 3** how to get to uni & navigating campus
- stress, mental health & wellbeing

uni lifestyle

- 7** study spaces
- eats n drinks
- arc: society, sports, events
- societies to check out
- case competitions
- exchange experiences

the academics

- 17** enrolment & course information
- study tips

co-op stuff

- 20** industry placement
- co-op soc events
- first year camp
- buddy program
- love island
- charity case comp
- your 2021 execs

All pieces published in this guide are not reflective of the thoughts of the UNSW Co-op Program.

contact us

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www.facebook.com/coopsoc.unsw

HELLO

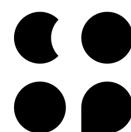
FROM THE EDITORS

Firstly, congratulations on being awarded a Co-op Scholarship! We're beyond excited to have you join us, and are keen to welcome you into the UNSW Co-op Society community.

The transition from high school to uni can seem pretty daunting, with a huge campus to navigate, lecture theatres filled with unfamiliar faces, hundreds of societies to join, and a whole new way of learning in classes! But don't stress, Co-op Soc will be here to support you through each step. We're a student-run club representing scholars studying under the Co-op Career Development Program. We aim to enrich your university experience through our hosting of social and charitable events throughout the year.

This first year guide compiles all the info, advice and tips so you can get the most out of your time at uni! Connect with us on our platforms online, and we'll see you very soon on campus!

Susan Sun & Jack Yin
PUBLICATIONS DIRECTOR (2020) &
PUBLICATIONS DIRECTOR (2021)



WELCOME TO THE CO-OP SOCIETY PRESIDENTIAL ADVICE

HELLO EVERYONE!

A massive congratulations and a warm welcome to the Co-op community! We can't wait to see what amazing things you will all achieve during uni. We're Jelinna and Kenuka, respectively the 2020 UNSW Co-op Society President and the current 2021 President.

The Co-op community has always been super fun and close. In fact, you will probably meet some of your closest friends to date, so start forming those connections early! Being involved as first-year representatives was a highlight of our university life. Not only did we get to meet the diverse cohort, but we also had the opportunity to work directly with older year Co-ops and get a taste of what being a part of a tight-knit society was like.

Regardless of whether you decide to get involved as a team member of the society, we'd highly recommend attending the plethora of Co-op Soc events we host each year, including Annual Camp, Ball or Poker Night.

Feel free to reach out and ask for help! The Co-op community is filled with so many talented people that have all been in your shoes. If you need advice with anything uni related, whether it be with a subject, a society application

or if you need help finding the best food on campus, there will always be someone willing.

Use your first year of university to get involved! Whilst we do recommend attending all your lectures and tutorials, everyone's favourite part of uni is meeting people in societies. Join a society, pick up a hobby, play a sport! Not only are societies a great way to form social connections and be part of a community of like-minded individuals, they also provide a fun way to start building different leadership skills and professional networks. There's a society for everyone and everything, whether it be consulting, finance, or even beer tasting, and it's the perfect opportunity to try something new!

At the end of the day, your university experience is what you make it. So, get involved and have fun! We're all here to support you on your journey!



Jelinna Wang & Kenuka Wijayatunga
PRESIDENT (2020) & PRESIDENT (2021)

GETTING STARTED

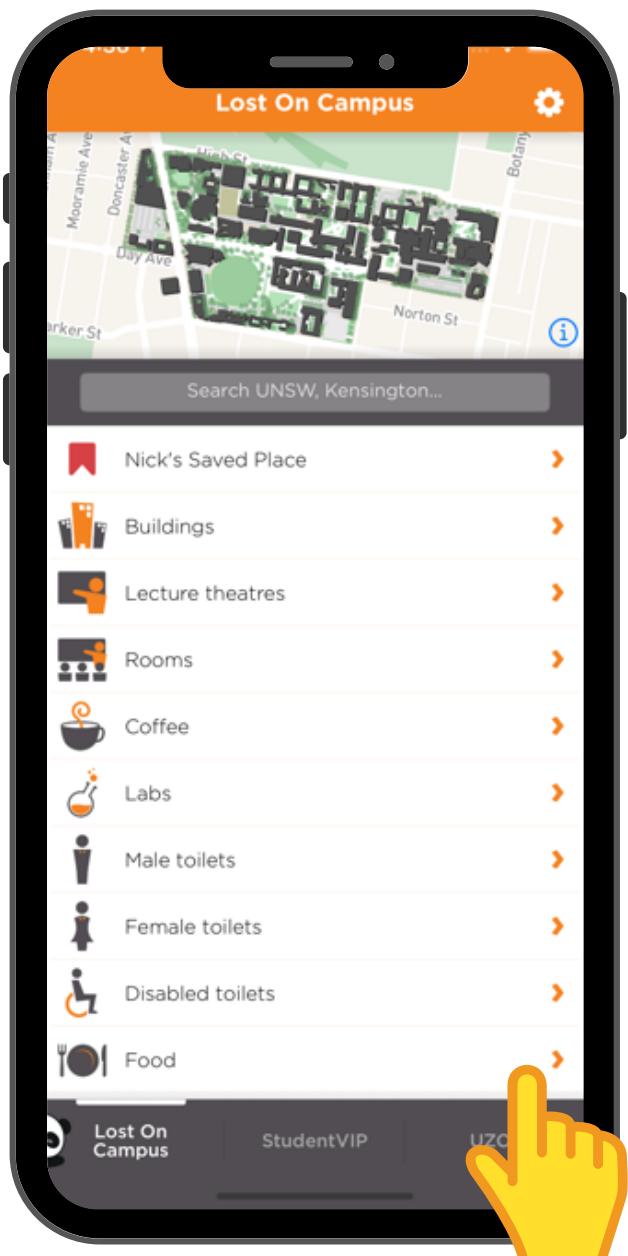


how to get to uni

Other than on-campus metered parking or limited street parking, bus services and catching the light rail are the easiest ways to get to uni!

From Central Station, head for Eddy Avenue (North Concourse, Exit 3). At Stand C, bus routes 391, 393 and 395 will take you to lower campus on Anzac Pde. Note the previous UNSW Express buses are no longer running.

Alternatively at Chalmers Street, Central, take the L2 Randwick line light rail to Gate 9 at UNSW High Street, or the L3 Juniors Kingford line to lower campus UNSW Anzac Parade. These services run every 8-12 mins.



navigating campus



After a few weeks, the campus will be plenty familiar to you, but to get you started, we recommend downloading the app Lost on Campus.

It's super accessible and comprehensive, allowing you to search for specifically numbered rooms, names of lecture theatres or buildings, and even the nearest microwaves, printers and water bubblers!

Trust us, this one's a life saver. You'll never be lost on campus.

Google Maps is also an option too!

stress, mental health & wellbeing.



SHREY SOMAIYA
SECRETARY (2020)

Note, this piece is not reflective of the thoughts of my employer, UNSW - and is rather a personal opinion piece based off my knowledge and training in Mental Health First Aid and Suicide Prevention.

If you skip this whole section, PLEASE at least read this [link](#) - it's imperative to know the signs that someone needs help.

Cue the actual article! As with most things in life, University can be quite a busy (and often stressful) time. As a Co-op Scholar, this will likely be even more so elevated, as you'll likely have to deal with balancing full time work whilst on IT placement, alongside university coursework.

According to an Australian survey in 2017, 65% of respondents aged 16-25 years reported high or very high psychological distress while 35.4% had thoughts of self-harm or suicide - so it's extremely important that you're equipped with the resources and know-how to combat this.

So, what is stress? Well, according to UNSW,

"Stress is something that many university students are familiar with. It occurs when the demands on us exceed our ability to cope. Stress can be caused by many things – the most obvious for university students are examinations and assignment deadlines, work, problems with friendships and relationships, financial problems, perfectionism and balancing studying and life. However, positive events such as a new relationship, and starting a new university year can also cause stress."

[- student.unsw.edu.au/stress](http://student.unsw.edu.au/stress)



Stress is something that everyone experiences, it's a necessity of life. Stress is usually broken down into two categories, Good, and Bad. Acute, short-lived stress has been proven to be good for you in many ways (increased mental performance and health benefits). Long lived stress (days or weeks) has the opposite effect and has the ability to cause increased blood pressure, acne, heart disease and other illnesses. This isn't to stress you (stress about stress ha) - but just ensure that you're aware - stress is a normal thing, and good in small amounts, anything more than that can be extremely detrimental to your health.

managing it

If you ever feel it's becoming harder to balance your mental health and your university academics, please reach out to someone. Formally, I'd suggest emailing the Co-op office and your academic coordinator so that they're aware of the situation, and any resulting academic issues cannot be (in good faith) held against you. They won't judge you - it's time to stop making the topic of mental health taboo.

tips

- **Allocate time to not do any work** - for example, I don't do any academic or paid work from Friday night to Saturday Night.
- Set aside regular times of your week to **exercise and go outside**
- **Get 8 hours of sleep** - when you lack good sleep, your body is not able to produce enough serotonin, dopamine and other chemicals to keep stress, anxiety, and depression at bay.
- **See a counsellor occasionally** - you don't have to be diagnosed for this to be extremely effective, sometimes it's good to just talk about what's going on in your life, with someone who doesn't know you.
- **Avoid drugs and alcohol as coping mechanisms** - I know this sounds dumb, but it's something I see way too much. It's always better to get professional help - even if that means just talking to a free UNSW counsellor.
- **Reward yourself** - Uni will be stressful at times, but not without its accomplishments! Reward yourself for your work, whether that be handing in assignments, or finishing a tough exam block. Personally, every time that I finish a set of exams, or achieve a big accomplishment, I'll go and spend \$12 on 1 pint of Ben and Jerry's, best reward ever!

more info

headspace.org.au/tips/

student.unsw.edu.au/wellbeing

student.unsw.edu.au/counselling/about

student.unsw.edu.au/hsu

thiswayup.org.au/courses/coping-with-stress-course/

www.betterhealth.vic.gov.au/health/healthyliving/stress

www.arc.unsw.edu.au/help/wellness

24-Hour Crisis Support

[Lifeline](https://lifeline.org.au/): Ph: 13 11 14

[Emergency \(Police, Ambulance, Fire\)](https://www.emergency.vic.gov.au/): Ph: 000 | Ph: 112
(mobile phones with no network coverage)

There will be days when you're burnt out or feel tired, and like you just want to do nothing and recharge. It's super important that you LISTEN to your body. Take a break!! One of the biggest causes of mental distress that I've seen is students overworking themselves. Often I hear the argument "I can't take a break - I have too much work to do". This, in my opinion, is a result of how we as a society view success, people who "work hard" are praised, whereas the lazy are crucified. In objecting to this attitude, there is no obligation for you to do the work if you're in mental distress.

Forget to hand in an assignment or fail to credit a course? As long as you've been communicating with the Co-op office, they'll understand and provide support to get you to where you need to be, and you'll have plenty other opportunities to make up for marks.

You only have one life, make sure you live it well. Don't for a second believe that university, or a job, or even placement, is more important than your own wellbeing.



UNSW Specific Support

[Counselling and Psychological Services \(CAPS\)](https://caps.unsw.edu.au/): Ph: 9385 5418

[UNSW Security](https://unswsecurity.unsw.edu.au/): Ph: 9385 6666 (emergency) | Ph: 9385 6000 (non-emergency)

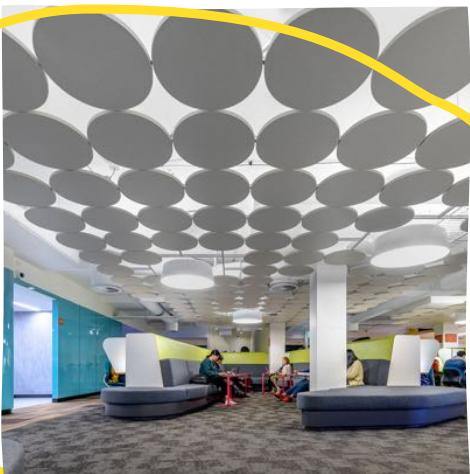
[UNSW Disability Services](https://disability.unsw.edu.au/): Ph: 9385 4734

[UNSW Health Service](https://health.unsw.edu.au/): Ph: 9385 5425

UNI LIFESTYLE

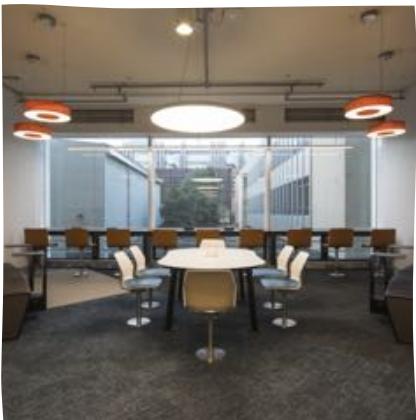
UNI LIFESTYLE





MAIN LIBRARY

The main library has 8 levels with group study rooms you can book on the library site, computers, print/copy services, and a level open 24 hours for some serious last minute cramming.



BUSINESS SCHOOL

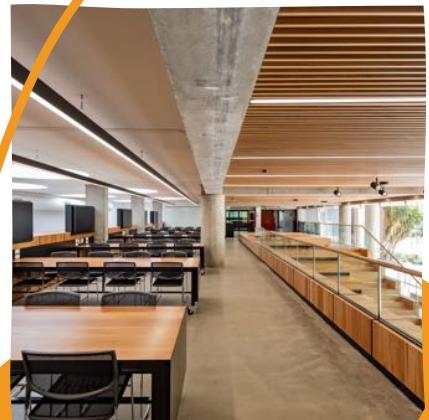
One of the most popular study spaces on campus is the Business School, whether you're after group study spaces (no need to book), charging ports literally everywhere, or easy access to microwaves on levels 1 and 2. During peak hours, these seats are prime real estate, and it can be hard to find a spare table.



LAW LIBRARY

Located on lower campus, the Law Library is another great study spot with access to a kitchenette and printers. There's plenty of single study booths, and rooms for group work are available for booking online.

We might not be law students, but no-one will know!



RED CENTRE

Perhaps one of the lesser inhabited study spots on campus is the West Wing of the Red Centre!

This newly refurbished learning space is perfect whether you're looking for study, collaboration or break out areas. There's also a reheat station on ground floor.

STUDY Spaces

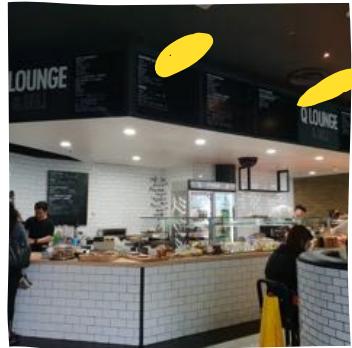
EATS N drinks



PENNY LANE

Location: Morven Brown Building, Upper Campus

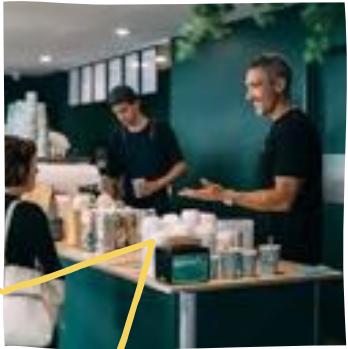
If you're looking for a bar & cafe on campus, this place is perfect for meetings or events, featuring great coffee and brunch.



Q - LOUNGE & DELI

Location: Quadrangle Building, Middle Campus

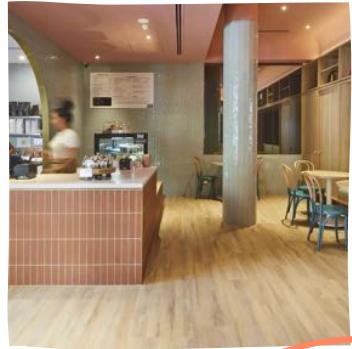
A cosy and comfortable place with great meal combos, cafe food and snacks! The sunlit balcony is a great place to relax and catch up with friends.



THE LITTLE MARIONETTE

Location: Rear of Clancy Auditorium, Upper Campus

Hands down, the best coffee on campus! It's always busy here, but the great service, selection of healthy poke bowls and bacon and egg rolls will have you coming back!



ATOMIC PRESS

Location: UNSW Bookshop, Middle Campus

Atomic Press is a super cute cafe with great coffee and lattes, as well as cosy indoor and outdoor seating. If you can't be bothered trekking up campus for coffee, this is the place.



STELLINI PASTA BAR

Location: University Terraces, Lower Campus

Fantastic pasta in a hearty serving, with rich, hot and creamy coffee. Would highly recommend Stellini's cheese stuffed tortellini or pesto pasta options. Gluten free pasta available too!



YALLAH EAT

Location: University Terraces, Lower Campus

The best Middle Eastern eats on campus, with mouth watering halal snack packs and falafels, delicious Mediterranean pitas, and an immense variety at great value.



THE WHITEHOUSE

Location: Fig Tree Precinct, Lower Campus

Chill vibes, amazing pizza and chips, all wrapped up in a quirky alternative bar and restaurant, with the occasional live music!



GUZMAN Y GOMEZ

Location: University Terraces, Lower Campus

Burrito bowls? Burrito bowls! Need we say more?



THIRSTY BURGER & UNIBAR

Location: Roundhouse, Lower Campus

Flock here if you love food deals. You can grab a \$9 burger meal with fries and a drink. It's also the perfect place to grab a couple beers with your mates after class.

ARC

SOCIETIES, SPORTS, EVENTS

Arc has over 300 clubs or societies you can join, which are a fantastic way to meet new people, socialise and enrich your uni experience! Whether you're after an educational, cultural, charity, fitness, hobby or faculty society, there's plenty on offer.

Look out for some of Arc's events running, such as concerts at the Roundhouse or the sports Day of Play.

CONCERTS

The Vera Blue concert hosted by Arc, was a fun night with some friends at uni and a big vibe that I'll always remember! It was definitely the highlight Arc event of the year.

- Ian Ng, Arc Delegate (2020)



ROAD TRIPS

COVID-19 has definitely made meeting new people in first year a lot harder. Despite this, I've been fortunate enough to be a part of the Business Society, where through bonding events such as road trips, I've been able to make new friends and experience new opportunities with other members of my cohort.

- Christian Huang, MKT20

SPORTS

Being a part of the UNSW Ultimate Club has been one of the best parts of my university experience so far! Playing frisbee has taken me all over the country for tournaments (like the Gold Coast for Nationals) and I've made so many great friends through the club as well. If you're looking for a way to stay fit and be a part of a really fun and wholesome community, definitely look into joining!

- Hannah Chen, President (2019)



SOCIETIES TO CHECK OUT!

CUE SOC

The CueSports Society runs social and competitive pool and snooker events at CityHeroes (Burwood and Town Hall) for all university students. Our regular social pool events are a great way to meet up with your friends, make new ones, and practice your pool game! It's open to people of all skill levels.

Becoming a committee member not only gives you a chance to get better at pool, but also to work on all of those transferable skills associated with working in teams.

- Lochie Brown, ACC20



CUESPORTS
SOCIETY



SEC SOC

The Security Society organises events for you to meet other students interested in cybersecurity. We run Capture the Flag competitions, hacking, cryptography, and general cybersecurity workshops, and offer networking opportunities.

Anyone with an interest in security can come along! You don't need to be doing a CSE degree, or know how to code! There's something for everyone; lockpicking is one of my favourite hobbies :P

- Giuliana De Bellis, CMP20

RUN SOC

The Campus Runners Society organises multiple weekly runs of varying distances (between 5-20km). It caters to all runners, beginners, and experts. The RunSoc camp in the Blue Mountains was certainly a highlight - we spent 2 days trail running, sightseeing, playing board games, and meeting new people.

It's open to anyone with an interest in running. Whether you've just picked up running or if you've already got a few marathons under your belt, RunSoc is a great place to indulge in a hobby and meet new people while staying fit and healthy.

- Eric Zhou, REN20



ULTIMATE FRISBEE

UNSW Ultimate Frisbee runs 2 weekly trainings (plus dinner after), and plays tournaments against other universities. It's a great way to meet people and make new friends while staying fit and healthy.

Open to anyone interested in picking up a new sport or wanting to make new friends and meet lots of people, you can play as competitively or as social as you like; you might even fall in love with the sport like I did :).

- Eric Zhou, REN20



CAMPUS BIBLE STUDY

Campus Bible Study (CBS) is a student group that runs weekly Bible study groups and talks for any student who is interested in Christianity and wants to dive deep into the Bible. CBS camps, such as the Mid-Year Conference, are held throughout the year where you can meet students from other faculties and socialise through board games or sports like spikeball.

Any student is welcome to join as there are many opportunities to discuss and ask questions about the Bible! Students and campus trainees are very happy to help you, such as answering any thought-provoking questions!

- Jonathan Kwok, BIS20

F M A A

Financial Management Association of Australia (FMAA) is a student society run across 5 universities across Australia. Focused on promoting career awareness, professional development, and a direct connection from students to firms. Our 'First Year Fundamentals' takes place around Week 2 of Term 1, as a one-stop event where you can hear tips and tricks to how to get the most out of your University experience.

All students are welcome to join FMAA, as we hold events geared towards STEM and interdisciplinary careers, as well as traditional finance careers. Get your foot in the door and happy networking :)

- Felicity Chan, ACT20



CHEERSOC

UNSW Warriors Cheer & Dance Society provides university students with the opportunity to be involved in competitive dance and cheer teams. Cheersoc trains every week preparing for various competitions and performances throughout the year.

Students who have previous dance, cheer or gymnastics experience would be most interested in joining Cheersoc, however, all students are welcome to join us at auditions. Students can choose to be involved in jazz, hip hop, contemporary and pom dance teams as well as level 1/2 and 3/4 stunt.

- Capri Maher, MKT20



UMCG

UNSW Microfinance Consulting Group deepens students' understanding and expertise in microfinance and consulting through educational workshops & programs. Our 7-week Consulting program covers consulting fundamentals such as frameworks, slide development, and case cracks through workshops headed by our experienced Lead Consultants. Top-performing consultants are later invited to apply for our Client Partner Program to work on real-life business projects for our partner organisations.

We pride ourselves on our diverse membership base and accept students across all faculties for our programs.

- Matthew Fu, MKT18

CAPITAL W

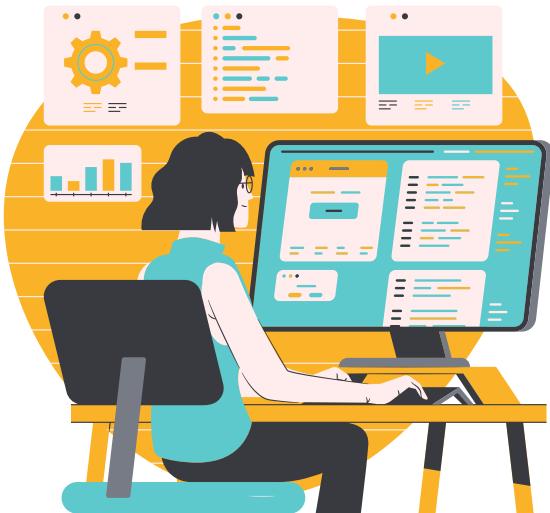
Capital W is a women's business society dedicated to developing and empowering females in business through workshops, networking events, and more. Our Annual Dinner grants students the intimate opportunity to interact with 80 representatives from all of our sponsor firms through a networking session over canapes, drinks, and a meal. Students will leave the event with stronger industry connections and valuable insights from our keynote speaker.

Any female-identifying students with an interest in business are encouraged to join Capital W! You'll get many opportunities to expand your professional (and social) networks, whilst strengthening your workplace-related soft skills.

- Keshmira Vijayan, MKT20



CASE COMPETITIONS



WHAT ARE THEY?

Case competitions are events where a team of usually 4 participants work together to develop the best solution to a case study, usually related to a specific industry within an allocated time frame. Participants form a solution to the problem and create a slide deck highlighting their solutions, implementation and feasibility of their proposal. Questions commonly ask teams to find a solution to an existing business problem or a hypothetical problem that businesses or sponsors are interested in.

WHAT'S THE STRUCTURE OF A CASE COMP?

Usually, students receive a week or two to create their slide decks and submit it where they are screened by the organisers. Then, they will proceed to the heats round, where they face other teams in a knockout round until there are 4 teams, from which there are semi-finals. In this stage, they will have the chance to present their solutions, followed by a Q&A session from the judges. Be prepared for all dimensions of your solution to be drilled into! From there, most competitions will just announce the winners.

WHAT MAKES A GOOD SLIDE DECK?

A good slide deck is one that can convey your solution effectively as well as being able to be easily digested and read by judges. Remember, they only have 10 minutes to properly understand your solution so having a deck that conveys the message concisely is very important! Ensure that you stick to the classic rules - not too much text, ensure that the vectors of your slides are correct - do you want them to read top to bottom, left to right, what do you want them to see first?

WHY DO PEOPLE DO THEM?

There are many reasons for this! It is a great opportunity to simply challenge yourself, to solve complex problems with actual impact by coming up with not just innovative but feasible and realistic solutions. Another point is that usually, companies will sponsor competitions and it is a great way to show them how amazing you are, as well as meet some of the higher ups from that particular firm!

While a lot of cases are based around business issues, don't be afraid if you're from a completely different background - a lot of the time, you will be able to offer a different perspective the team may not have considered. My advice is to just participate - you never know what will happen! (Did I mention there are prizes?)

Vincent Chen
IT DIRECTOR (2020)





EXCHANGE EXPERIENCES

**NIGEL SUN
VICE PRESIDENT (2019)**

Hi! I'm Nigel Sun, currently in my 3rd year of Actuarial Studies. For my placements, I've been to PwC, Allianz and as I'm writing this, MetLife. During quarantine, I sat at my piano more than ever and tinkered a DIY home automation project, but more recently, learnt the great game of Mahjong!

In 2019, I had the privilege of being Vice President of Co-op Soc and was also the IT Director of ASOC. Right as my terms ended for those roles, I had something new to look forward to - Exchange! After T2 exams, I was to attend UC San Diego in California, U.S. for 3 months.

HIGHLIGHTS?

So many things, but I think overall, the travelling. I got to see Hamilton the Musical live in San Francisco, spent Thanksgiving in Los Angeles and met up with other friends to travel around Washington D.C., Philadelphia, New York, Boston and New Orleans. As well as all the tourist sites in San Diego!

It was all amazing because I got to be a tourist not just for few days/weeks, but months. I also met some really lovely friends along the way that I still keep in touch with! So I had a very rich experience in really getting a sense of that foreign country and its nuances - from accents to tip etiquette to the fact that Sydney public transport is actually not that bad.

HappyLemon cream puff boba is pretty good too.

THINGS TO CONSIDER IF YOU'RE THINKING OF GOING ON EXCHANGE?

Don't hesitate, just go for it! I strongly strongly strongly recommend going if you have the chance. It's so rewarding, you will learn so much about the rest of the world but also about yourself too. It's such a liberating and enriching experience that I think is invaluable.

Of course aim for the most prestigious universities, but definitely don't narrow yourself to those options - keep an open mind! Any exchange is 100% better than no exchange. It's your chance to explore a life in a different world or just a plain holiday - which is especially exciting after a few terms of hard studying!

Plan early (consider your degree progression if you were to incorporate exchange transferred courses) and make sure to explore the scholarships and loan options available e.g. OS-HELP. They are great boosts for funding your exchange experience.

The Co-op office are also very helpful in facilitating Exchange for us while keeping to our scholarship requirements as well as fitting it during our degree in general, so reach out to them if you have any questions/concerns.

THE ACADEMICS



COURSES



2021
TRIMESTER DATES

T 1

O - WEEK : 8 Feb - 12 Feb
Teaching Period: 15 Feb - 23 Apr
Flexi Week: 22 Mar - 28 Mar
Study Period: 24 Apr - 29 Apr
Exams: 30 Apr - 13 May

T 2

Teaching Period: 13 May - 6 Aug
Flexi Week: 5 Jul - 11 Jul
Study Period: 7 Aug - 12 Aug
Exams: 13 Aug - 26 Aug

T 3

Teaching Period: 18 Sep - 19 Nov
Flexi Week: 18 Oct - 24 Oct
Study Period: 20 Nov - 25 Nov
Exams: 26 Nov - 9 Dec

WHAT ARE UOCS?

Units of credit (UOC) are measurements of courses at UNSW which the completion of such, contribute towards your program requirements.

CENSUS DAY

Enrolled in a course for the first week and have changed your mind? Census day of each term is the last day you're able to withdraw from a course without financial penalty.

CORE COURSES, ELECTIVES AND GEN-EDS?

A core course is a compulsory course that must be satisfactorily completed to meet program requirements. Lots of the courses you do in Term 1 are course courses. Electives are courses you can choose to do, to e.g. fulfil a major.

General education courses are areas of study outside of your program faculty, completed to broaden your studies and allow for flexibility.

HOW DO I KNOW WHAT COURSES TO ENROL IN?

Before registering for classes, make sure you read your [Co-op Sample Study Outline](#) and your Course Outline in the [UNSW handbook](#), which can both be found online. This will give you an idea of specific UOCs needed, so you can map out your entire degree! In conjunction with the handbook, you might like to check out your progression plan, with examples of majors.

HOW DO I SCHEDULE MY TIMETABLE?

Whether you want to pre-schedule your term timetable to get organised, or to try match up your classes with friends, we recommend using CSEsoc's [Notangles Timetable Planner](#) online. Select your lecture and tutorial times to suit your study prefs.

Wanna sleep in on Mondays, or pick classrooms that minimise your walking distance up/down campus? You got it.

We'd also recommend downloading the [UNSW Uni-Verse app](#) to keep track of your timetable.

GENERAL STUDY TIPS

→ To-do Lists



Write out a bulleted list of what you want to achieve in your session. To-do lists provide clarity, help you prioritise tasks and allow you to plan ahead.

Whether it's finishing off lectures, starting an assignment or researching something you didn't quite grasp in a tutorial, list them in order of priority.



→ Tidy Desk/Screen, Tidy Mind



Clutter has the same effect as multitasking and tends to overwhelm our brain. Organising your surroundings boosts creativity and efficiency, as well as reducing stress.

All the lecture and lab slides, tutorial notes, PASS class notes, textbooks etc. can be overwhelming. Figure out a system to organise the materials for the same topic, to avoid having fifty tabs open.

FAIL TO PREPARE, PREPARE TO FAIL

The best study tip for lectures is to prepare the night before. All of the week's content will be uploaded the week prior on Moodle – the University hub for all your course content; this includes course announcements, PLOs (Program Learning Outcomes – the University equivalent of a syllabus) and all lecture slides and tutorial material.

How you organise this is up to you, but I like transferring the PowerPoint information for each lecture into a written document. I have it all laid out in the order it will be delivered so that when the lecture is in progress, I only have to add in any additional comments or explanations that the lecturer says. If you prefer writing however, I suggest outlining the slide headings and then bulleting the key facts of each and so on. This cuts your workload in half after the lecture is done, and also gives you a quick overview of the topic so you're not a complete deer in the headlights sitting in the lecture hall. It's also an amazing tool to have for those days with back-to-back lectures, when information can begin to snowball, and the brain fog starts descending.

Back to back lectures may not be uncommon, especially if you're all about minimising the number of days you have to be on campus. So:

→ Location, Location, Location



Noises, sights, temperature, people – everything can distract you when studying. Pick a spot that is suited to you.

Find where you're most productive and set a routine. There are heaps of different study spaces on campus- a place with additional technological equipment, an open space for group work, a desk with a view, studying outside or near utilities.

Check out the 'Study Spaces' article on page 8!

- **Take minimalist notes** - Active attention of the lecturer and what they are explaining sees you engaging in the content, allowing for more of it to be retained, compared to frantic typing or furious scribbling. You can always rewatch the lectures afterwards too.
- **Use caffeine sparingly** - Excessive caffeine intake will be detrimental to your attention span; moreover, the diuretic effect will no doubt start taking hold and you'll need to sheepishly squeeze your way through the entire row so you can make a swift exit. So limit your intake and only use it if you need a boost.

Susan Sun
PUBLICATIONS DIRECTOR (2020)

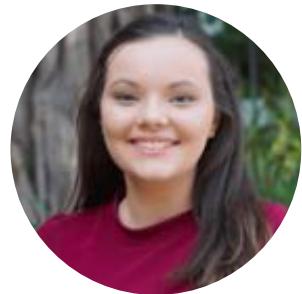


CO-OP STUFF



INDUSTRY PLACEMENT

EMILY KASOVSKA, ACC19



WHAT'S THE FIRST PLACEMENT LIKE?

I'm Emily Kasovska and I am a 2019 Accounting and Business Management Co-op Scholar. I've undertaken my first industry placement at Coca Cola Amatil.

I am extremely grateful to be in an area of accounting that is closely linked to the management accounting course I am studying at university, thus allowing me to apply the theoretical concepts I've learnt into a real work setting.

My tasks are very diverse and are primarily completed on a monthly basis. This includes internal management reporting for scorecards/dashboards as well as cost variance analysis. I've also dabbled in working capital and capital project reporting as well as general accounting tasks such as posting journals and completing reconciliations. Many exciting ad hoc tasks and projects also arise within my role.

I was also fortunate enough to visit Amatil's Eastern Creek warehousing site and the Northmead manufacturing plant. This was particularly useful for my role in Supply Chain; being able to connect my work from head office to the real operational sites was an exciting and enriching experience.

BALANCING WORK, UNI AND LIFE

There is a lot to juggle when you are on placement but it has taught me a key message; there are actually many hours of the day (if you plan well that is!) Don't procrastinate (switch that phone off when you study!) Tutorials and class time have become so much more valuable – be prepared for class, have questions ready to go and utilise your tutors and peers. There's always time for society involvement too! There are many events held outside of work hours that I attend. During my half day off work, I signed up to the Co-op Soc Social Sport Team - a great way to get some exercise while catching up with friends! Don't forget to allocate some time to your wellbeing too – a good night's sleep has never been more important. Be refreshed and ready for the day ahead, every day!

GOT ANY ADVICE?

TAKE ON THE CHALLENGE!

This is an extremely valuable opportunity - it isn't the stereotypical 'intern' role you see in movies so don't expect to be doing coffee runs. You will be given meaningful tasks that make a real difference in your organisation so really give it your all. In fact, go even further! If you see or hear about a project you're interested in, ask your manager if you can sit in on some meetings and get involved.

BE CURIOUS - ASK WHY, NOT JUST WHAT!

I remember my first few weeks of induction going over tasks required in my role. Written process notes were usually handed over so what was most important to know was the WHY. Don't get too stuck in the mechanical steps of a process –

if you understand why you're doing it and how it relates to other tasks/business units, you will gain far more knowledge and get much more out of it.

LEARN FROM YOUR MISTAKES!

Mistakes are inevitable. I came into my placement having completed only 2 accounting courses, so I was by no means an expert in the field. I was exposed to many new accounting concepts and the business had their own unique processes I had to learn. Remember that you're not expected to know everything. Don't be embarrassed to ask for clarification or feedback from your manager – get the most out of this work experience.

Read more articles like this on our [website](#).

1st Yr Co-op Soc Camp

First Year CS Camp was the start of my Co-op journey, and definitely the most memorable event the society has to offer!

My camp experience as a first year, saw me (try to) learn the names of 90 people from my stream, cohort and also the older years. Over the course of a weekend, I had an immense amount of fun participating in various activities and bonding with people who would become my closest uni friends to date. From playing tag with paint and ending up a very colourful mess, to tying a bed sheet on myself for the toga party, and learning far too much about my new friends during Stream Initiation, these are memories we still talk about and laugh over!



I'm incredibly appreciative of the Co-op Soc spirit and inter-faculty connectedness that I was introduced to on First Year CS Camp, and it always puts a smile on my face to see familiar faces on campus and in classes. It's definitely an experience that was everything I wanted in my first year of uni!

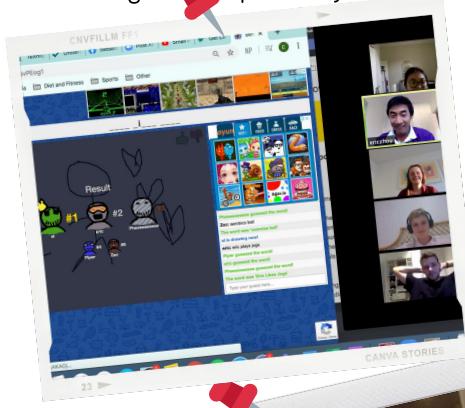
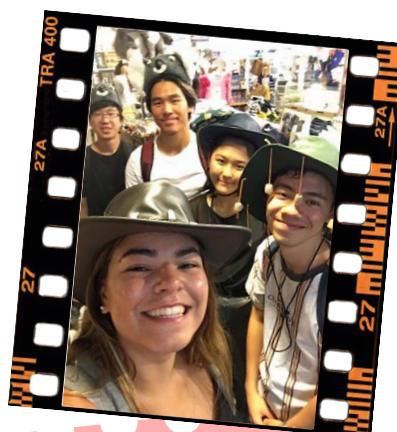


Buddy Program

Starting university can be a difficult transition for many, and that's even without a global pandemic. It can be a confusing and daunting experience- but it doesn't have to be. Lo and behold the Co-op Soc 2021 Buddy Program. Your all-in-one university starter pack. As the very first event in the Co-op Soc roster, the Buddy program is a sure-fire way to get to know other Co-op's, forging strong bonds and preparing for university life.



You will be placed into small groups with buddies from your stream and another stream, with older years eager to share their experiences, tricks and insights, and to holistically enrich your university experience. As well as weekly meetings (in person and/or online) with your group, there will be many events for the whole cohort, so that you can get to know more of the society. Wondering about the best campus eats and study locations? Deciding which subjects you should take? Questions about placement? Or maybe you're unsure of exchange opportunities? Just ask!! We were all in the same position just a few years ago and are eager to help make your transition into university life a smooth one.



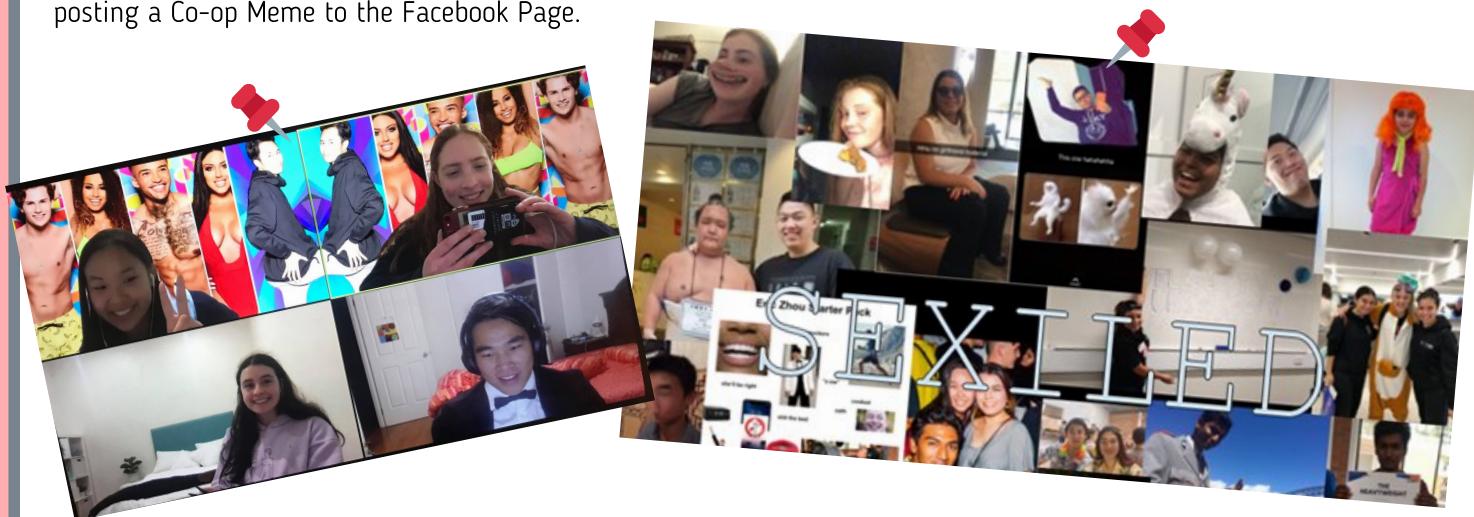
We have some killer activities planned for the term. The opening event will be one of games, laughter, and a truckload of fun, so make sure to register and come along! Unleash your competitive side with exciting fortnightly challenges and team activities- you'll be surprised how good bad we Co-ops are at making TikToks and doing group yoga.

[Sign up now](#) or message an Exec if you have any questions!

Love Island

At the end of the first trimester, the society wanted to hold a social event to bring coop's closer together. But, in the middle of a pandemic, we had to get creative. Lo and behold, we ran Coop Society's first 'Love Island Week'.

After registering, islanders were placed into groups of 4-6. To kick-start the event we held a zoom opening evening which saw teams create and present each others PowerPoints as well as making a large team collage sharing each other's fun and spicy facts. After the opening night, teams jumped in to completing a set of challenges (each worth a differing amount points). This included small tasks like creating a collaborative Spotify playlist, doing a yoga pose simultaneously (though this did prove harder for some than expected), watching a movie through Netflix party or posting a Co-op Meme to the Facebook Page.



Then there were slightly larger challenges like auctioning a friend to Co-op Love Letters, ordering Uber Eats to each other, recreating a famous movie scene and even completing the Ice Bucket Challenge. In conjunction with the event, we had a baby photos challenge and created several Buzzfeed quizzes so that you could build your ideal partner to learn what you should post on So-op soc confessions or even find out which co-op stream your soulmate is in (don't be embarrassed, we know you're going to take this quiz as soon as you finish reading your first-year guide)!!

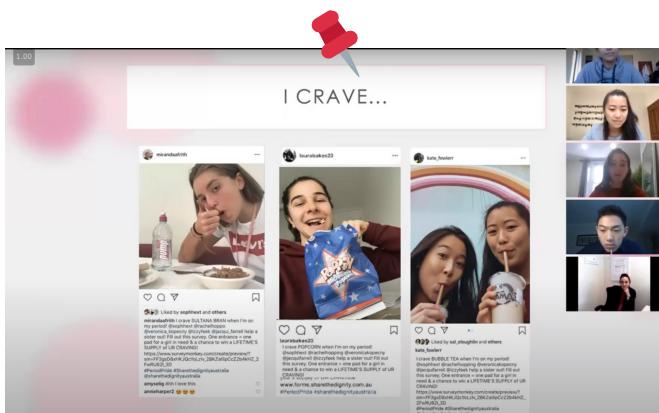


Charity Case Comp

Co-op Soc merged with the Co-op Soc Charitable Society (CSCS) in 2018, and since then, the charity portfolio has been an integral way for Co-op scholars to give back to the community. We organise fun events to raise awareness for a diverse range of charities and social issues, encouraging collective participation through events such as the World's Greatest Shave. Beyond having a positive impact on society, our core aims are to socialise, meet new people and above all, contribute with a giving heart.

Our usual calendar of events include Poker Night and City2Surf (which you can all hopefully look forward to this year, fingers crossed!). However, with the global pandemic and all in 2020, the charity portfolio was forced to innovate and brainstorm entirely new virtual ways for our society to give back. The idea of an online case comp with a charity at the heart of it somehow turned out to be what we brought to life.

We ended up partnering with Share The Dignity, a charity organisation focused on providing sanitary products to homeless women, fighting for domestic violence and supporting all women in Australia. Over the course of a few weeks, 11 brilliant teams worked tirelessly to design a digital solution to the very real problem related to the stigma associated with menstruation. Overall, we were blown away by each presentation and were incredibly impressed with each team's unique marketing strategies and solutions.



Solution

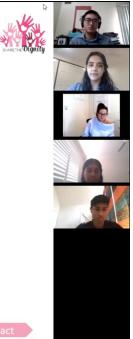
QR Codes:

- Cost-effective and easy to deploy on printed promotional material eg. posters in public bathrooms and attached on donation bins.
- Scannable with the camera on your smartphone
- Provide a direct link to the online survey
- Doesn't expire- Survey can be switched on/off at any time



Introducing the Period Pride App

An application designed to help reduce the stigmas surrounding periods - with the Survey and in-app features such as Quizzes and Games that generate donations for Share the Dignity.



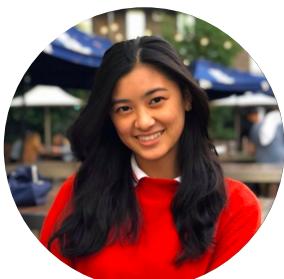
YOUR 2021 EXEC TEAM!



PRESIDENT: KENUKA WIJAYATUNGA (ACT20)

Vision: Foster a strong community full of everlasting friendships and life-long memories; ensuring that the incoming 2021 first-years feel welcomed into the Co-op family; and increasing the involvement of third and fourth years.

Interests: Photography, travelling, binging movies and tv shows and watching India get all out for 36 in the cricket :))



VICE PRESIDENT & GRIEVANCE OFFICER: CELINE GOH (MKT20)

Vision: Facilitate the creation of long lasting memories and aid the development of the Co-op family. This entails running fantastic, consistent events and ensuring a key support network is maintained and all voices are heard.

Interests: Brunch, baking, LOTS of online shopping, and flowers (growing them, arranging them, going on walks and sometimes taking them from other people's gardens).



SECRETARY: KAI MASHIMO (DSD20)

Vision: My vision is to not only maintain the society's health, but to help grow the Co-op community as a whole by keeping track of our historical records, meetings, goals, plans, contact with external organisations, members, and events to name a few!

Interests: Absolutely love music! Listening to or playing it is up there for me. Also love to cook, and even though I am incredibly unfit, I also really like tennis and volleyball!



TREASURER: CONNOR PILGER (FIN20)

Vision: Facilitate strong friendships and unforgettable memories for all. Ensure a robust financial position into the future, building upon the work of previous treasurers so as to increase the society's assets and lay the platform for continued development.

Interests: Football, food (mostly eating it), late night beach runs, beating Jack Yin in chess (5 times in a row).



ARC DELEGATE: MICAH WANG (BIS20)

Vision: Maintain positive communication with Arc and secure all Arc-associate resources. Liaise with Arc to secure on-campus venues and equipment for Co-op Soc events, whilst following Arc guidelines when hosting team/general meetings and administrative changes.

Interests: Spikeball, tennis, driving other people's cars, live music, camping, skiing & ultimate frisbee.



SOCIAL DIRECTOR: JASMIN OREN (SENG20)

Vision: Create, organise and deliver events which can facilitate the building of strong connections and unique memories between the members of the society. Organise amazing events that have been run before but also bring new unique events.

Interests: Waking up at 6am, friendship bracelet making, tik tok, talking to people, pole vaulting and watching sunsets.



MARKETING DIRECTOR: CLAIRE XUE (AMT20)

Vision: Closer connections to be knit not only within cohorts but across cohorts as well. I hope to use the power of social media to reach out to every member and facilitate long-lasting relationships between a diverse range of people.

Interests: Hmmm food, food, and food. Oh and dragonboating and languages and travelling. But mostly food :)



CHARITY DIRECTOR: KESHMIRA VIJAYAN (MKT20)

Vision: Create exciting opportunities for all Co-ops to give back to the community. By partnering with charities, I want to help us make a tangible difference in the lives of others, whilst also bringing our Co-op family closer through the spirit of giving.

Interests: Discovering new music, playing the piano, digital art (very new to this but it's fun!), tiktok (unfortunately).



CHARITY DIRECTOR: HIRUN BANDARA (ACC20)

Vision: Create an environment where Co-ops are provided with a multitude of opportunities to make an impact outside of the corporate world and inside the wider community. Kesh and I will organise and run events that support a range of charities.

Interests: I love playing soccer, four - wheel driving (although I've only been once) and FOOD.



IT DIRECTOR: NOA CHALLIS (SENG20)

Vision: Cultivate the society's online presence, channelling my creativity and love for tech into the Co-op Soc website. I'm looking forward to co-leading the first Pubs/IT Sub-committee as Jack and I strengthen the partnership between our two roles.

Interests: Knitting, brunching with friends, live music, pilates, podcasts, and moving around my bedroom furniture on a weekly basis.



PUBLICATIONS DIRECTOR: JACK YIN (ACC20)

Vision: Continue to develop and facilitate the UNSW Co-op Society's online presence through its existing avenues - LinkedIn and the website - as well as new and emerging - potentially Instagram and monthly newsletters. Co-lead a combined Pubs/IT Subcom.

Interests: Food (cooking it, watching it and eating it), hiking with friends, late night drives, de-stressing in the gym, boxing, music, travelling

