



Other Wellbeing Services at Flinders

There are lots of people who want your study experience to be excellent

Dr Gareth Furber

OTHER WELLBEING FOCUSED SERVICES IN THE UNIVERSITY

Health, Counselling and Disability Services (www.flinders.edu.au/hcd) aren't the only services within the University with your wellbeing in mind.

In fact, there are lots of services within the university that are here to help you make the most of your study experience.

One of the biggest barriers to students using these services is knowing about them, so this handout introduces you to some of our 'partners' who similarly have your best outcomes in mind.



Also make sure you check out the new 'current students' website which has been recently revised and links to just about all of the services that a current student needs to be aware of.

<https://students.flinders.edu.au/> or <https://students.flinders.edu.au/student-services> or <https://students.flinders.edu.au/online-hub>

Security officers are available 24-hours a day via the hotline telephones around campus or by calling 08 8201 2880. In the case of an emergency on campus dial 000 first and then call campus security.

Campus Security are available 24 hours a day to assist with an emergency or safety threat. Their security officers are certified first responders, trained to perform first aid and all security vehicles are equipped with automatic defibrillators. You can also request security to provide after dark security escort.

To learn more visit <https://www.flinders.edu.au/campus/bedford-park/facilities-services/security>

Flinders Connect is a one-stop-shop for enquiries about enrolment, exams, fees and scholarships, general course information, GPA and graduation.

They also host some specialist services like admissions, student recruitment, overseas health cover and student IT help desk.

Flinders connect have a bunch of physical and virtual locations. To find out more visit - <https://www.flinders.edu.au/flindersconnect>

The **Student Learning Support Service (SLSS)** offers support to all students in the areas of academic writing, basic mathematics, Endnote, general study skills, statistics and referencing.

They run or facilitate a range of programs including the Academic Preparation Program, the English Language Support Program, the Learning Lounge and Studiosity. They also publish a range of referencing resources and study guides.

Make sure to check out their excellent FLO site - <https://flo.flinders.edu.au/course/view.php?id=11825>

To find out more about the programs they run visit - <https://students.flinders.edu.au/support/slss>

Oasis, which can be found on the Bedford Park campus, is a Student Community Wellbeing Centre focused on supporting the physical, emotional, social, and spiritual needs of students, so they can achieve academic and personal success. Their motto is “Wellbeing for Success”.

At the Centre, students can:

- Use their facilities – lounge space, common room, presentation room, prayer rooms, quiet spaces, fully equipped kitchen and outside garden with BBQ;
- Meet other students from around the world;
- Chat to their chaplains and volunteers who can help connect you to a wide range of services and programs, both within the university and in the community; and
- Participate in wellbeing-focused programs run by OASIS staff.

To learn more about OASIS visit their main website - <https://oasis.flinders.edu.au/>

AND/OR

Enrol in their FLO topic - <https://flo.flinders.edu.au/course/view.php?id=63157> where a number of their programs and resources can be found in digital form.

The **Flinders University Student Association (FUSA)** is the student organisation that represents the rights and interests of students. The provide a range of student supports include:

- academic advocacy (i.e. helping you navigate some of the challenges of study)
- financial advocacy
- financial assistance
- legal advice
- accommodation assistance

FUSA also run events around the university (e.g. <https://fusa.edu.au/babh/>), organise clubs and societies (<https://fusa.edu.au/clubs/>) and publish the Empire Times (Flinders University Student Magazine - <https://empiretimes.com.au/>).

To find out more visit - <https://fusa.edu.au/>

Careers Hub offers a range of services and programs to help you:

- plan your career
- broaden your skills and experience
- connect with employers and industry professionals
- find job opportunities
- prepare for employment

Their programs include the excellent professional development training program called Horizon (<https://students.flinders.edu.au/support/careers/horizon>) and opportunities for work experience, mentoring and regular career-focused events.

To learn more about what they offer visit <https://students.flinders.edu.au/support/careers>

One Sport and Fitness is the primary sports and fitness destination within the University. They offer:

- group fitness programs
- weights and cardio rooms
- physiotherapy, dietitian and exercise physiologist
- massage
- personal training
- wellness events
- access to a range of sporting clubs

Students get very cheap membership rates (e.g. \$209 for full year, full access). To find out more visit <https://www.onesportandfitness.com.au/>

In addition to standard library services, the **Flinders Library** runs a range of programs and services that can make your life at university easier. These include:

- Help with using FLO
- Access to past exams
- Finding essential course readings

The library also offers special assistance to students with disabilities who have an access plan through Disability Services (<https://students.flinders.edu.au/support/hcd/disability>)

These include:

- Additional assistance with retrieving items and searching for information
- Specialist equipment available in Adaptive Technology Rooms – for magnifying, screen reading software, voice recognition software, height adjustable tables, accessible printers/photocopiers

Visit <https://libraryflin.flinders.edu.au/> to learn more.

International Student Services (ISS) are a first point of contact for international students.

They can provide advice and assistance across a range of topics including:

- Planning your arrival
- Orientation activities
- Visas and health cover
- Working in Australia
- Accommodation
- Australian Law
- Support for Australian Awards Students

To learn more about ISS visit <https://students.flinders.edu.au/support/iss>

The Office of Indigenous Strategy and Engagement, otherwise known as **Yunggorendi**, supports Indigenous students to study at Flinders. Yunggorendi Student Engagement staff work individually with Indigenous students providing services from admission through to graduation and beyond. This includes:

- Advice on what degree program to study,
- Support through the admission/university entry process,
- Orientation programs for first year students,
- Academic support and advocacy through the duration of your degree,
- Study Skills Advisor available for academic English, numeracy and digital literacy support for students,
- Counselling service specific to Yunggorendi students,
- Scholarship assistance,
- Cultural safe study space and common room including access to computers, photocopiers and scanning services,
- Social activities.

To find out more visit <http://www.flinders.edu.au/oise/>

The Office of Graduate Research coordinates many of the supports available for students about to, or currently doing their PhD. The range of supports provided include:

- Information on scholarships
- Finding a supervisor
- Tips for starting, progressing with and finishing/submitting your PhD
- Progression support including software to track milestones and links to relevant supports
- Research and employability skills training
- International study opportunities
- Resources for supervisors
- Dedicated space in the central library for HDR students

Visit <http://www.flinders.edu.au/graduate-research/> for full details. Also tune in to the various social media channels of Tara Brabazon, the Dean of Graduate Research - <https://www.youtube.com/channel/UCwdaNGhdSAwzdtgLTqyhgA/featured>, <https://twitter.com/tarabrazon>, <https://www.youtube.com/user/TaraBrabazon>,

Flinders University offers a number of **health, psychology, disability support, legal advice and nutritional services** through their range of clinics and programs.

These clinics and programs are open to the general public and provide valuable opportunities for students to gain professional practice in their chosen career, while the health and lifestyle programs give students real-life professional experience and support our research.

Some of these clinics can provide reduced fee services for existing students.

To learn more about the range of clinics available visit:

<https://www.flinders.edu.au/engage/community/clinics>

The **Thread Together Van**, managed by Anglicare SA regularly visits the university campus.

They provide new, good quality clothing and shoes to students in the Flinders community who are doing it tough.

For 2021, inquire with Ali below on when they are coming next.

To access the Van, you need to get a card, which looks like this:



These cards are available around the university in places where students who are struggling might present such as FUSA, the Counselling Service and OASIS.

If you are having trouble finding a card, contact Ali Barnes – Wellbeing Promotion Officer via email (abarnes@flinders.edu.au)

Attention rural and remote health students! – Dr Andrew McLelland is a Senior Lecturer on Mental Health for the Centre for Remote Health - <https://www.flinders.edu.au/people/andrew.mcclelland>

The programs he is involved in and write/facilitate within are:

- The final day (Self-Care) of the Framing Indigenous Health Program (5-day intensive). It's also part of TRAN and the topic [REM8001](#)
- Tailor-made programs for organisations on self-care and wellbeing (or other topics on my workshops list)
- Self-care programs for students, particularly the medical students.

Many of his most recommended self-care resources are captured in this document - <http://blogs.flinders.edu.au/student-health-and-well-being/wp-content/uploads/sites/71/2021/03/H21-Self-Care-References-Resources.pdf>

Couple of added extras 😊

'Like A Boss' – video series starring Dr Lauren Butterworth that addresses all aspects of student life, with tips and tricks on how to study 'like a boss' – <https://blogs.flinders.edu.au/student-news/category/like-a-boss/>

Finding your way at Flinders – a FLO topic for first year students with a focus on helping you develop the skills to succeed – <https://flo.flinders.edu.au/course/view.php?id=38883>

<https://students.flinders.edu.au/>