UNSW Medicine & Health

OPTOMETRY & VISION SCIENCE

WELCOME
Welcome to Commencing Students 2024

Head of School: Professor Lisa Keay

Website: https://www.optometry.unsw.edu.au/
Facebook SOVS: https://www.facebook.com/UNSWOptom/
Facebook Clinic: https://www.facebook.com/UNSWoptometryclinic
Twitter: @unswoptomvsci
Welcome to UNSW Sydney!

Term 1 Online Orientation
Welcome to Commencing Students

• Introduction to School
• First year course coordinators
• Introduction to School staff
• Useful information and advice
• Student Society/Peer Mentor Program
• Tours
• BBQ at the Physics Lawn

Website: https://www.optometry.unsw.edu.au/
School of Optometry & Vision Science

• Largest in Australasia
• Features
  - Undergraduate education
    - Bachelor of Vision Science
  - Accredited programme
    - Bachelor of Vision Science/Master of Clinical Optometry
  - Postgraduate education
    - Orientation and Mobility
    - Higher Degree Research
    - Short Courses
  - UNSW Optometry Clinic
  - Optics and Radiometry Lab (ORLAB)
  - Centre For Eye Health (CFEH)
  - Brien Holden Vision Institute (BHVI)
Merits/Awards for Research 2023

- Benchmarking:
  - UNSW School of Optometry and Vision Science ranked as the second top School globally for Optometry
  - UNSW School of Optometry and Vision Science recognised as the top institution globally for contact lens research
  - Scientia Professor Fiona Stapleton and Professor Mark Willcox ranked as #2, #7 respectively globally in contact lens research and many other School academics ranked in the top 50 world rankings

- Publications:
  - 261 peer reviewed papers from members of SOVS in 2023

- Grants:
  - $1.495M in research grants for 2023

- UNSW Awards:
  - Associate Professor Sieu Khuu received an UNSW Award for Sustained Excellence in Teaching
  - Associate Professor Maitreyee Roy received a Faculty of Medicine & Health Educational Excellence Award: Academic Staff
  - Scientia Senior Lecturer Dr Lisa Nivison-Smith received an UNSW Vice-Chancellor’s Award for Excellence in Higher Degree Research Supervision – Emerging Supervisor
  - Dr Daisy Shu and Ms Amanda Lea received Honourable Mentions in the UNSW Exemplary Teaching Practice Awards

- National Awards:
  - Scientia Professor Fiona Stapleton was honoured in the Kings Birthday Honours List with an Officer of the Order (AO) “for her distinguished service to optometry as a researcher, mentor and role model, to tertiary education, and to national and international organisations”.
  - Dr Jessie Huang-Lung and co-authors Blake Angell, Anna Palagyi, Hugh R Taylor, Andrew White, Peter McCluskey, Lisa Keay who have been awarded the Best Paper Award by The Sax Institute for the Annual Public Health Research & Practice Excellence Awards. Their paper titled "The true cost of hidden waiting times for cataract surgery in Australia" took out the top prize this year.

- International Awards:
  - Emeritus Professor Eric Papas had a stellar year and came away with the British Contact Lens Association (BCLA) Medal. The British Contact Lens Association (BCLA) Medal is the highest honour and is bestowed to an individual for "outstanding achievement in the field of contact lenses and/or anterior eye."
  - Eric also was bestowed with the Charles F. Prentice Medal Award from the American Academy of Optometry. "This is awarded annually to a distinguished scientist or clinician scientist in recognition of a career-long record of advancement of knowledge in vision science."
  - Professor Mark Willcox received an Honorary Doctorate (DSc) from the University of Waterloo, Canada
  - Associate Professor Maria Markoulli received the American Academy of Optometry Korb-Exford Dry Eye Award
  - Dr Daisy Shu received the ASIP George K. Michalopoulos Junior Faculty Scholar Award for the American Society for Investigative Pathology (ASIP) 2023 Conference
Engagement

- Alumni CPD Evenings & Workshops
- Alumni Newsletter (found on our website)
- Social Media – Facebook/Twitter
- Outreach Activities
- Engagement with the Profession

Follow us on our Social Media Platforms

https://www.facebook.com/UNSWOptom/
Twitter: @unswoptomvsci

UNSW Optometry and Vision Science
Published by Nicola Rogers-Kemp - 2 January at 11:58

Happy New Year!
We are delighted to announce the 2024 Executive Team for OptomSoc. Congratulations to:
- President: Justine McNamara
- Vice President: Layna Nguyen
- Treasurer: Phoebe Shou
- Secretary: Rosanna Loo
- Events Coordinator: Nathan Lee
- Marketing Director: Amy Odisho

We sincerely thank Fiona, Roderic, Jacob, Raynard, William and Justine for their stellar leadership throughout 2023 and wish them all the best on their optometry journey.

Photo below: L to R: Nathan Lee, Phoebe Shou, Justine McNamara, Layna Nguyen, Amy Odisho, Rosanna Loo

UNSW Optometry and Vision Science Student Society

UNSW School of Optometry and Vision Science 📖 @UNSWoptomvsci - Jan 15

As our daily lives become increasingly entwined with screens, our vision could suffer – particularly children’s.

Is too much screen time bad for our eyes?

From newsroom.unsw.edu.au
**Police Check and Vaccination Requirements**

Students entering the Master of Clinical Optometry are required to submit a Police Check and Vaccination Records. Students progressing to the Master of Clinical Optometry will be provided with further information in the Year 3 of Bachelor of Vision Science studies. If you have any questions please contact the Clinical Placements Coordinator, Ms Michelle Bonanno.

**Programmes**

**Bachelor of Vision Science**

- **Year 1:** Enabling Sciences, Introduction to Vision Science and Optometry
- **Year 2:** Foundation knowledge in Optometric disciplines: Optics, Anatomy and Physiology, Diseases, Dispensing, Vision Science, introduction to clinical skills.
- **Year 3:** Disciplinary knowledge in Optometry, diseases and Vision Science

**Master of Clinical Optometry**

- **Year 4:** Advanced disciplinary knowledge in Optometry and clinical practice.
- **Year 5:** Research Project, Clinical Practice and Ocular Therapeutics.

**Honours**

- **Year 4:** Research Project, Seminars in Vision Science.
  - *Vision Science Stream in 4500*

**EXIT**

- Optometric Practice
- Employment in the Optometric industry
- Public health
- Coursework programs

**Higher Degree Research**

- Master of Science
- Doctor of Philosophy

- Ophthalmic technology
- Employment in the ophthalmic industries
- Eye and vision research

**Alternative Entry – Transfer from the UNSW Bachelor of Vision Science program**

To be considered for entry into the MClinOptom, students must maintain at least an overall CREDIT average (65.00% WAM) in the BVisSci. BVisSci graduate students may wish to apply for Science honours program.

**Programmes**

- • Ophthalmic technology
  - Employment in the ophthalmic industries
  - Eye and vision research

- Master of Science
- Doctor of Philosophy

**EXIT**

- Optometric Practice
- Employment in the Optometric industry
- Public health
- Coursework programs
Work Integrated Learning

Work Integrated Learning (WIL) Opportunities.

• Bachelor of Vision Science students in their 2nd and 3rd years of studies may wish to apply for WIL opportunities to gain work experience in the vision science and ophthalmic industry.

• Students may enrol in Career Development Courses (CDEV) and undertake a placement (individual or group work) for a term (6UoC) or across terms (12UoC) at an affiliated industry/organisational partner as part of their Gen Ed elective(s).

• Students will need to apply to the school and undergo a selection process which may include an interview.

• Opportunities exist for work experience with commercial enterprises (e.g., ophthalmic-related technologies and pharmaceuticals) and non-profit organisations that provide support for those with visual impairment.

Contact Information:

• Associate Professor Sieu Khuu: s.khuu@unsw.edu.au (School Lead)
• Dr. Suzanne Schibeci: suzanne.schibeci@unsw.edu.au (CDEV coordinator)
Aboriginal and Torres Strait Islander Health Education

‘Cultural Safety is everyone’s business’

Our team:

• Lecturer – Sophie Pitt (Erub (Darnley) Torres Strait Islands)
• Lecturer – Georgia Stewart (Ngiyampaa)
• Indigenous Student Support Officer – Frances Pestana
• Director - A/Prof Peter Malouf (Wakka Wakka and Wuli Wuli)

Integrated Curriculum embedded across the Medical program.

Key learning area:

• Historical context
• Aboriginal and Torres Strait Islander culture, beliefs and practice
• Racism in Health Care
• Health data
• Cultural safety in practice
• Health promotion and advocacy
• Professional and ethical issues in Aboriginal and Torres Strait Islander Health.

Culturally safe practices include actions that recognise and respect the cultural identities of others and safely meet their needs, expectations and rights.
Aboriginal and Torres Strait Islander Cultural Competence working group

• Working group formed in 2019

• Current members – A/Prof Peter Malouf, Ms Georgia Stewart, Prof Lisa Keay, Dr Pauline Kang, Dr Vanessa Honson, Dr Kathleen Watt and Ms Donna LaHood

• OCANZ (National Regulatory body) Cultural Safety Framework themes embedded from stage 1 in undergraduate and post-graduate programs

• Staff training sessions at annual school retreat and On-Country experience

• Continued support of regulatory and eye care bodies programs including OCANZ, Vision 2020, Leaders in Indigenous Optometry Education Network (LIOEN)

• Enabling and supporting clinical placement opportunities in rural and remote Australia
FIRST YEAR COURSES
School of Mathematics and Statistics

MATH1031 Mathematics for Life Sciences or
(Course convenor: Dr Dinh Tran)

MATH1131 Mathematics 1A or
(Course convenor: Dr Jim Pettigrew)

MATH1141 Higher Mathematics 1A
(Course convenor: Prof Wolfgang Schief)

(Recommended enrolment in Term 1)

Associate Professor Jonathan Kress
Director of First-Year Mathematics and Statistics
Level 3, Rm 3073, H13-E-3073, The Anita B. Lawrence Centre
ug.MathsStats@unsw.edu.au
http://www.maths.unsw.edu.au

2. Lectures start week 1
3. Tutorials start in week 1 and run to week 10
School of Physics

PHYS1111 Fundamentals of Physics or PHYS1121 Physics 1A or PHYS1131 Higher Physics 1A

• Lab classes start in week 2 for PHYS1111, PHYS1121 and PHYS1131, you need a lab manual and covered shoes. Lectures and problem-solving workshops (OTH) start in week 1.

• All labs and problem-solving workshops (tutorials) are face-to-face; for PHYS1111, PHYS1121 and PHYS1131, you can choose between face-to-face and online asynchronous lectures.

• First Year Lab is situated in Rooms 112-115 in Old Main Building.

• All the information about these courses are on the course Moodle sites.

Contact Information:

• Kate Jackson: kate.jackson1@unsw.edu.au
School of Chemistry

CHEM1011 Chemistry 1A: Atoms, Molecules and Energy
(Recommended enrolment in Term 2)
Dalton Building 132
s.maisey@unsw.edu.au

1. See information on ‘Moodle’ for the course outline, schedule and FAQs
2. Buy CHEM1011/CHEM1031/CHEM1051 combined Lab Manual from UNSW Bookshop or download and print them from Moodle
3. Lectures, Other Components, Labs and Tutorials start Week 1. Do the Safety & Ethics pre-lab before your first lab
4. There is a Chemistry diagnostic test as well as a learning module that covers all the core aspects of assumed knowledge for our mainstream CHEM1A (and similar) courses. I would encourage you to explore these resources as a means to identify if you may need to take CHEM1001 Introductory Chemistry in T1, and the areas of assumed knowledge you need to brush up on before commencing your studies with us.

How to access the diagnostic test and resources

• Click on the link to navigate to the course
• If you are not logged onto Moodle you will need to enter your zID and Zpass.
• To access the course, you will need to self-enrol
  o Use the Student Key: Science1stYearDiagnostics
2. See information on ‘Moodle’ for course information
3. Lectures, Other Components, Labs and Tutorials start Week 2. Do the Safety & Ethics pre-lab before your first lab
School of Biotechnology and Biomolecular Science

BABS1201 Molecules, Cells and Genes  
(Recommended enrolment in Term 1)

Contact Information:
Mr Ryan Salinas r.salinas@unsw.edu.au
Dr Teagan Mock t.gale@unsw.edu.au
Dr Rebecca LeBard r.lebard@unsw.edu.au

“Welcome to UNSW and congratulations on what you have achieved to be here in Optometry and Vision Science. Molecules, cells and genes is a fascinating course that examines many aspects of life at a microscopic level. I hope you find the experience rewarding and the information interesting. I look forward to meeting you in your lectures and practicals and wish you an exciting first session at university this year.”

Dr Rebecca LeBard
Dr Teagan Mock
Mr Ryan Salinas
School of Optometry & Vision Science
Academic Staff

Dr Vanessa Honson

Lecturer

- Seeing the World Perspectives from Vision Science
- The Clinical Environment

Room 1.064    Phone: 9065 9936
v.honson@unsw.edu.au
School of Optometry & Vision Science
Academic Staff

A/Prof Juno Kim

Lecturer
- Seeing the World Perspectives from Vision Science
- Ocular Imaging and Applied Vision Science

Room 3.006 x57474
juno.kim@unsw.edu.au
School of Optometry & Vision Science
Academic Staff

A/Prof Maitreyee Roy

Lecturer and Director ORLAB
• Geometrical and Physical Optics
• Visual Optics
• Ocular Imaging and Applied Vision Science

Room 3.032 Ph:9065 1496
Maitreyee.roy@unsw.edu.au
Year 2 Courses

Dr Vanessa Honson - Clinical Environment
Dr Lisa Nivison-Smith - Ocular Anatomy and Physiology
Dr Nayuta Yoshioka - Dispensing
Mr Grant Hannaford - Dispensing
A/Prof Sieu Khuu - Vision Science
Year 3 Courses

A/Prof Nicole Carnt
Ocular Diseases

A/Prof Michele Madigan
Ocular Diseases

Dr Revathy Mani
Vision Science and Binocular Vision

A/Prof Juno Kim
Vision Science

Dr Jerome Ozkan
Clinical Environment
Year 1 MCOptom Courses

Dr Vinod Maseedupally
Contact Lenses

Prof Isabelle Jalbert
Ocular Therapeutics

Dr Angelica Ly
Ocular Therapeutics

A/Prof Maria Markoulli
Optometry

Dr Kathleen Watt
Optometry

Dr Pauline Kang
Optometry

Ms Donna LaHood
Professional Optometry
Year 2 MCOptom Courses

- Ocular Therapeutics
- Optometry
- Optometry
- Optometry
- Optometry
- Clinical Placements and Preceptorships
- Advanced Contact Lens Clinic
- Ocular Therapeutics

- Scientia Prof Fiona Stapleton
- Dr Sharon Oberstein
- Ms Amanda Lea
- Prof Mark Willcox
- Dr Kathleen Watt
- Ms Lily Ho
- Dr Vinod Maseedupally
- A/Prof David Pye

UNSW Sydney
UNSW Optometry Clinic

Full Scope Optometry Clinic
• Available to the public, students, staff
• Students are an integral part of delivering excellence in clinical training

Clinics on site
• Primary Care
• Contact Lenses
• Children’s Vision
• Colour Vision
• Low Vision
• Myopia Clinic
• Ocular Pathology
• Red Eye
• Dry Eye Clinic
• Advanced Contact Lenses Clinic
• Provides **clinical experience** for Stage 4 and 5 students

• Over **5500** student **consultations** in 2023

• On site clinics and outreach clinical placements:
  • Stewart House, POW Diabetes Clinic, Guide Dogs, School Screening and POW Eye Clinic
  • Centre for Eye Health, Hobart Hospital
  • Rural preceptorships and international preceptorships
  • Private practice placements
  • Ophthalmology and dermatology clinic and surgical placements
UNSW Optometry Clinic

Dr Kathleen Watt  
Clinical Teaching Director  
(away until June 2024)

A/Professor Nicole Carnt  
Acting Clinical Teaching Director (until June 2024)

Anthony Chapman-Davies  
A/Professor

Nikki Delaveris  
Lecturer

Dr Sharon Oberstein  
Senior Lecturer

Lily Ho  
Senior Lecturer

Dr Vanessa Honson  
Lecturer

Rebecca Dang  
Lecturer
UNSW Optometry Clinic

Amanda Lea
Lecturer

Regina Chapman-Davies
Lecturer

Nathan Ho
Lecturer

Elena Larocca
Lecturer

Lisa Feng
Lecturer

Ehab Eltantawy
Lecturer
We are excited to welcome you to experience the UNSW Optometry Clinic

Book an eye examination with us in Term 1

Book online: [Book an appointment | School of Optometry & Vision Science - UNSW Sydney](#)

Limited appointments each week

Cancellation policy
School of Optometry & Vision Science
Professional & Technical Staff

School Manager
Tracy Kane

Project Officer/EA
Nicola Kapo

Administration Officer
Alia Tawfik

Undergraduate/MClinOptom
Michelle Wanandy

Clinical Placements
Michelle Bonanno

HDR Coordinators
Vicky Sawatt
Ina Ismail
Anne Barnes

Postgraduate Teaching Support Team
Marcelle Runkat
Maria Kim

Technical Laboratory Manager
Dale Larden

Student and Teaching Services

Technical Assistant
Paul Zytnik
School of Optometry & Vision Science
Support Team

Patricio Rodriguez
Computer Systems Officer
Specialist Technology Support

Lynn Guan
Analyst
Management Reporting and Analysis
Optics & Radiometry Laboratory

- Colorimetric and photometric measurement and calibration
- Product testing (sunglasses, eye protection, traffic signals, window glass, traffic signals, vehicle lights, road signs, high visibility materials)
- OMB LG22
Now you are here........

• Welcome and congratulations!
• We, the Faculty and UNSW are here to support you
  – Progression is not automatic in optometry program
  – Credit average required to progress
• Vision Science transfer at the end of Stage 3
  – Marks based, written application and interview
• Help and resources
  – School staff – coordinators, advisers and administrative staff
  – Student Optometry Society (OptomSoc)
  – Peer mentors
  – UNSW resources
UNSW encourages students and staff to follow the advice of the World Health Organisation.

For more information please visit: https://www.covid-19.unsw.edu.au/information-students
What should you do if…?

You have academic/progression issues…

• See the academic staff concerned
• See the course convenor
• See the Student Adviser
• See the Head of School

Sooner rather than later!

A/Prof Michele Madigan
Student Adviser
What should you do if…?

You have medical/personal issues …

• Submit a ‘special consideration form’ through myUNSW

You must apply for Special Consideration before the start of your exam or due date for your assessment, except where your circumstances of illness or misadventure stop you from doing so.

If your circumstances stop you from applying before your exam or assessment due date, you must apply within 3 working days of the assessment or the period covered by your supporting documentation.

- We and UNSW look closely at the details
- Genuine cases are accepted
- We do not accept online medical certificates

• Advise the course convenor

• Talk to the Student Adviser if you need further assistance

• Equitable Learning Services (previously known as Disability Support Services)

Sooner rather than later……..
What should you do if…?

There are general program/other issues…

• Speak with professional staff or academic staff coordinator
• Talk to your year representatives
  • You are likely to not be the only one
  • May be able to solve it or respond appropriately
  • May bring it to the regular meeting they have with the Head of School
• School Board
Study or other difficulties

UNSW Academic Skills Support:
- https://www.student.unsw.edu.au/skills

UNSW Psychology and Wellness:
- https://www.student.unsw.edu.au/counselling

Equity Diversity and Inclusion Committee:
Undergraduate/Master of Clinical Optometry
Representative: Justin Macnamara

First Responder Mental Health and Gendered Violence:

First Responders Mental Health and Well Being:
A/Prof Maria Markoulli/Dr Dale Larden/Dr Daisy Shu/Ms Kat Pakarinen/Ms Nicola Kapo

Grievances

- School Grievance Officer: A/Prof Sieu Khuu
  - (s.khuu@unsw.edu.au)
  - Room 3.028 x54620

- Take it to (as applicable):
  - the Course Convenor
  - the Grievance Officer
  - the Head of School
  - the Registrar

- UNSW administration
- Student Complaints and Appeals
  https://www.unsw.edu.au/planning-assurance/conduct-integrity/complaints-unsw/student/student-complaints
<table>
<thead>
<tr>
<th>Topic</th>
<th>Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Feelings and Mental Health</td>
<td>Mental Health Connect: student.unsw.edu.au/mhc</td>
</tr>
<tr>
<td></td>
<td>TalkCampus: student.unsw.edu.au/Talkcampus</td>
</tr>
<tr>
<td></td>
<td>UNSW (24/7) Mental Health Support: +61(2) 9385 5418</td>
</tr>
<tr>
<td></td>
<td>Text support After Hours: 0485 626 595</td>
</tr>
<tr>
<td></td>
<td>Offshore Call 24-hour Medibank Hotline: +61 2  8905 0307</td>
</tr>
</tbody>
</table>
| Uni and Life in Australia                 | Student Support
|                                           | Indigenous Student Support
|                                           | M&H Student Experience Officer, Indigenous
|                                           | student.unsw.edu.au/advisors
|                                           | nura-gili-centre-indigenous-programs
|                                           | Frances Pestana                                                             |
| Reporting Sexual Assault/Harassment       | Equity Diversity & Inclusion (EDI)                                        |
|                                           | unsw.edu.au/planning-assurance/conduct-integrity/gendered-violence         |
| Educational Adjustments                   | Equitable Learning Services (ELS)                                          |
|                                           | student.unsw.edu.au/els                                                     |
| Academic and Study Skills                 | Academic Skills                                                             |
|                                           | student.unsw.edu.au/skills                                                  |
| Special Consideration                     | Special Consideration                                                      |
|                                           | student.unsw.edu.au/special-consideration                                  |
| Physical Health                           | Health Service                                                             |
| Doctors visits, Vaccinations              | student.unsw.edu.au/hsu OR Bulk Billed GP                                 |
# External Mental Health Support

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifeline</td>
<td>24/7 crisis support and suicide prevention services</td>
<td>13 11 14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lifeline.org.au</td>
</tr>
<tr>
<td>Mental Health Line</td>
<td>24/7 professional help and advice. Referrals to local mental health services</td>
<td>1800 011 511</td>
</tr>
<tr>
<td>1800RESPECT</td>
<td>24/7 support for people impacted by sexual assault, domestic violence and abuse.</td>
<td>1800 737 732, 1800respect.org.au</td>
</tr>
<tr>
<td>Beyond Blue</td>
<td>24/7 mental health support service</td>
<td>1300 224 636, beyondblue.org.au</td>
</tr>
<tr>
<td>headspace</td>
<td>Online support and counselling for young people aged 12 to 25</td>
<td>1800 650 890, (9am-1am daily)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Headspace.org.au/eheadspace</td>
</tr>
<tr>
<td>Mensline</td>
<td>24/7 counselling service for men</td>
<td>1300 78 99 78, Mensline.org.au</td>
</tr>
<tr>
<td>Qlife</td>
<td>LGBTQ+ peer support and referral</td>
<td>1800 184 527, (6pm-10pm daily)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Qlife.org.au, (online chat 3pm-12 am daily)</td>
</tr>
<tr>
<td>13YARN</td>
<td>24/7 support service for Aboriginal and Torres Strait Islander people</td>
<td>13 92 76, 13yarn.org.au</td>
</tr>
</tbody>
</table>
Online Mental Health Resources
Useful resources to support mental health literacy and peer support

**Mind Hub**
Links to curated resources for students

**This Way Up**
iCBT (internet delivered Cognitive Behavioural Therapy) courses for a range of anxiety, depressive and related mental health conditions

**Black Dog**
Evidence based mental health resources and support services

**Your Room**
Evidence based information about alcohol and other drugs

**TalkCampus**
University specific peer-to-peer support platform. Available in 26 different languages

**Reach Out**
Anonymous online platform that enables young people to connect and learn together

**GambleAware**
Information and support for problem gambling

**Butterfly Foundation**
Information and support for disordered eating
Life can be difficult at times

- Personal
- Family

UNSW understands

- Equity unit
- Special considerations
- Check info in course outline

Sometimes …

Financial literacy 'masterclass'
Watch this space – new in 2024
Communication

- University email
- Moodle
- Optometry and Vision Science web page

Website: https://www.optometry.unsw.edu.au/
https://www.facebook.com/UNSWOptom/
https://www.facebook.com/UNSWoptometryclinic/

Twitter: @unswoptomvsci
Our Aim

- To help you to develop relevant skills and experiences
- To prepare you for an interesting and rewarding career
- To make the University experience enjoyable
- To encourage you to remain connected as one of our alumni
Who are we?

A charity society that aims to eliminate avoidable blindness and low vision impairments around the globe!
What do we do?

Fundraising and raising awareness
How do you join?

Applications for subcommittee and executive positions opening in Week 1!
JOIN US!

Facebook: www.facebook.com/givingsightunsw

SpArc: Giving Sight

Email us: unswgivingsight@gmail.com
What do we do?

Roadtrips  Workshops  Conferences

Clinical Skills
8 multidisciplinary workshops in 2 nights

Yarns
led by an Indigenous elder

Rural Appreciation
weekend away for the rural experience

Rural HS visits
inspire students & teach them clinical skills

RURAL ALLIED HEALTH and MEDICAL SOCIETY
The University of New South Wales
We want ewe!

RURAL ALLIED HEALTH and MEDICAL SOCIETY
The University of New South Wales
Representative
Represent and be the voice for your degree in RAHMS

Sub-Committee
Be a part of the team, under a director, to bring events to life

Community Member
Anyone is welcome! Attend, be inspired & make friends

Join the family TODAY @rahmsunsw

Yes ewe!
(you)
Welcome Day

Presented by Justin McNamara and Amy Odisho
ABOUT US

Representative student body for all Optometry and Vision Science students.

Consists of an executive team of 5th year students and FOUR year representatives from 1st to 4th year.

We strive to provide educational support and networking opportunities to students.

Photo: UNSW OptomSoc Executive Team 2024

L to R: Nathan Lee (Events Coordinator), Phoebe Shou (Treasurer), Justin McNamara (President), Leyna Nguyen (Vice-President), Amy Odisha (Marketing Director) and Rosanna Lee (Secretary)
The first of which will be straight after your campus tours.
STAYING CONNECTED

Facebook Page - UNSW Optometry and Vision Science Student Society

Website: www.optomsoc.com
STAYING CONNECTED

TikTok: @unswoptomsoc

Instagram: @unswoptomsoc
Student Wellbeing and Action Group (SWAG)

Student-led Initiative specifically targeting wellbeing of Students.

Focused on Mental Health, Wellbeing and Connection with peers.

Dedicated to helping students transition from high school to university life through to graduation.
Peer Mentoring Sign Up and Helpful Links
2024
Peer Mentoring Program
University- very different to high school...

• Huge campus
• SO MANY resources…
• Different student expectation
  o Self-directed learning
  o “Student-Centric” learning models
• Are you the only one from your school?
• Commuting? Eating? Socialising? Wifi access?
• Interstate? International?

Me: *thrown into a campus I don't know, with people I don't know, studying stuff I don't know*
How can we make this easier?

An exploratory investigation into first year student transition to university

Angela Bowles
University of Greenwich, Greenwich, UK
A.Bowles@greenwich.ac.uk

Alexandra Dobson
University of Wales, Newport, UK
Alexandra.Dobson@newport.ac.uk

Ron Fisher
Griffith University, Gold Coast, Qld, Australia
R.Fisher@griffith.edu.au

Ruth McPhail
Griffith University, Gold Coast, Qld, Australia
R.McPhail@griffith.edu.au

Table 1: Measures of Student perceptions of Enablers to Transition

<table>
<thead>
<tr>
<th>Measure</th>
<th>Description of variables</th>
</tr>
</thead>
<tbody>
<tr>
<td>STUDY</td>
<td>Study skills, time management, willingness to seek assistance and guidance particularly from academic staff</td>
</tr>
<tr>
<td>EFFORT</td>
<td>Motivation, commitment, willingness to work hard and join the university culture. Motivated to interact with others</td>
</tr>
<tr>
<td>ORIENTATION</td>
<td>Found to be a useful precursor to studies. Effective in giving an opportunity to meet staff and student services</td>
</tr>
<tr>
<td>LEARNING@UNI</td>
<td>Accessibility or usefulness of university’s web-based course systems and self-serve portals in transition to university</td>
</tr>
<tr>
<td>CULTURE</td>
<td>Feelings of belonging, value and culture associated with being a student at this particular university</td>
</tr>
<tr>
<td>FACILITIES</td>
<td>Adequacy of infrastructure in supporting transition, particularly parking, computer labs, study areas and wireless network</td>
</tr>
<tr>
<td>SOCIAL</td>
<td>Perception of the importance of regular and well publicised university led social events for developing friendships/networking</td>
</tr>
</tbody>
</table>

the meaning of constituent variables. On inspection of the underlying meaning of the measures it was noted that students’ willingness to seek academic support, the effort they put into transition, along with their desire for creating a sense belonging, as measured by STUDY, EFFORT and CULTURE, were student-centred or intrinsic measures (i.e. within the students themselves). Juxtaposed were university-led, extrinsic items that assisted transition, namely orientation, web-based course assistance, computer and study facilities, and university sponsored social events, as measured by ORIENTATION, LEARNING@UNI, FACILITIES and SOCIAL respectively. Descriptive statistics and correlation analysis of the seven
What supports are available?

SOVS Peer Mentoring
• Support group to enable transition from high school to university
• Limited emphasis on academic support...
• Protip: sign up right after this!

SOVS SWAG Program
• SWAG = Student Wellbeing Action Group
• Online based (Discord server)
  • Keep an eye out for in-person events!
• SWAG Discord server
  – https://discord.gg/wcJqKw3tMs
Who are the peer mentors?

• 4th year students or 1st year of Master of Clinical Optometry students
• Selected to have leadership experience
• Have been trained by UNSW Counselling and Psychological Services to mentor 1st year students
Sign-up today

• Tour today
  – outside this lecture theatre
  – For ALL students studying in our course/program
• Sign-up to the peer mentoring program at:
• Attend weekly meetings
• Enjoy university life
PEER MENTORS
Peer mentoring & settling into university
<table>
<thead>
<tr>
<th><strong>HIGH SCHOOL</strong></th>
<th><strong>UNIVERSITY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Subjects</td>
<td>Courses</td>
</tr>
<tr>
<td>Periods / class</td>
<td>Lectures / tutorials</td>
</tr>
<tr>
<td>Practicals</td>
<td>Labs</td>
</tr>
<tr>
<td>Syllabus</td>
<td>Course outline</td>
</tr>
</tbody>
</table>
Recommended program structure

• Term 1 2024
  • BABS1201 Molecules, Cells and Genes (6UoC)
  • MATH1031 Mathematics for Life Science (6UoC) or MATH1131 Mathematics 1A (6UoC) or MATH1141 Higher Mathematics 1A (6UoC)
  • VISN1101 Seeing the World: Perspectives from Vision Science (6UoC)

• Term 2 2024
  • CHEM1011 Chemistry 1A: Atoms. Molecules and Energy (6UoC)
  • VISN1111 Geometrical and Physical Optics (6UoC)

• Term 3 2024
  • VISN1221 Visual Optics (6UoC)
  • PHYS1111 Fundamental of Physics (6UoC) or PHYS1121 Physics 1A (6UoC) or PHYS1131 Higher Physics 1A (6UoC)
  • CHEM1829 Biological Chemistry for Optometry Students (6UoC)
What the peer mentoring program involves

• Meeting up once a week for the first 8 weeks
• Answering any questions
• Helping you find your way around uni
• Tips, advice from us
Why should I join peer mentoring?

• Helps to transition from highschool to university
• Find new friends
• Know where the good food and coffee are
• Social group
• Have all your questions answered about the course and uni life

(Note: this is not a tutoring group!)
General tips

• Don’t skip lectures (yes they are recorded that’s not enough!!)
• Uni = lectures, tutorials, labs
• Look through the course outline
• Assessments = written exams, online quizzes, using specialised programs (MAPLE)
• Keep track of due dates
• Group study sessions are useful
• Textbooks ???
General tips pt 2

• GET THE LOST ON CAMPUS APP!!
• Join the 1st year Optom/Vis Sci group chat
• Get involved with other societies that align with your interests while you still have plenty of time!
Peer Mentoring Events During Term

- EYE-Mazing Race
- Picnics and BBQs
- Trivia Nights

Source: UNSW Optometry and Vision Science Facebook Page
Outline for Today’s Events

Welcome Day Presentation (Right Now)

University/School Tour

Barbeque & Refreshments

End of Planned Events for today
Thank you and enjoy first year!