

UNSW  
Medicine & Health

**OPTOMETRY &  
VISION SCIENCE  
WELCOME**



**UNSW**  
SYDNEY

# 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



**UNSW**  
SYDNEY





# 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/](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)



# Research Excellence

## 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

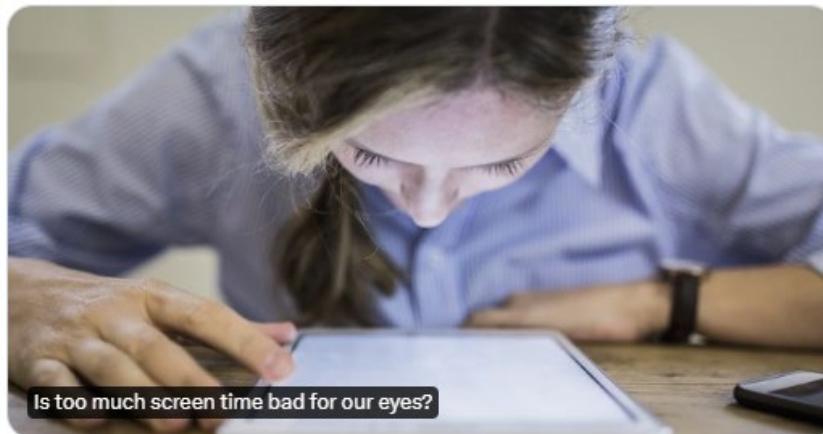
<https://www.facebook.com/UNSWOptom/>

Twitter: @unswoptomvsci



UNSW School of Optometry and Vision Science @UNSWoptomv · 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](https://newsroom.unsw.edu.au)



UNSW Optometry and Vision Science

Published by Nicola Rogers-Kapo · 3 January at 15:58 ···

Happy New Year!

We are delighted to announce the 2024 Executive Team for OptomSoc. Congratulations to:

President: Justin McNamara

Vice President: Leyna Nguyen

Treasurer: Phoebe Shou

Secretary: Rosanna Lee

Events Coordinator: Nathan Lee

Marketing Director: Amy Odisho

We sincerely thank Fiona, Ridwan, Jacob, Reynard, 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, Justin McNamara, Leyna Nguyen, Amy Odisho, Rosanna Lee

UNSW Optometry and Vision Science Student Society



# 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

Honours

EXIT

**Year 4:** Advanced disciplinary knowledge in Optometry and clinical practice.

**Year 5:** Research Project, Clinical Practice and Ocular Therapeutics.

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

*Vision Science Stream in 4500*

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

## EXIT

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

## Higher Degree Research

Master of Science  
Doctor of Philosophy

### 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.

### 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.





# Work Integrated Learning

## Work Integrated Learning (WIL) Opportunities.

- Bachelor of Vision Science students in their 2<sup>nd</sup> and 3<sup>rd</sup> 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](mailto:s.khuu@unsw.edu.au) (School Lead)
- Dr. Suzanne Schibeci: [suzanne.schibeci@unsw.edu.au](mailto:suzanne.schibeci@unsw.edu.au) (CDEV coordinator)



WORK INTEGRATED LEARNING



AT UNSW



# Aboriginal and Torres Strait Islander Health Education

*'Cultural Safety is everyone's business'*



## Our team:

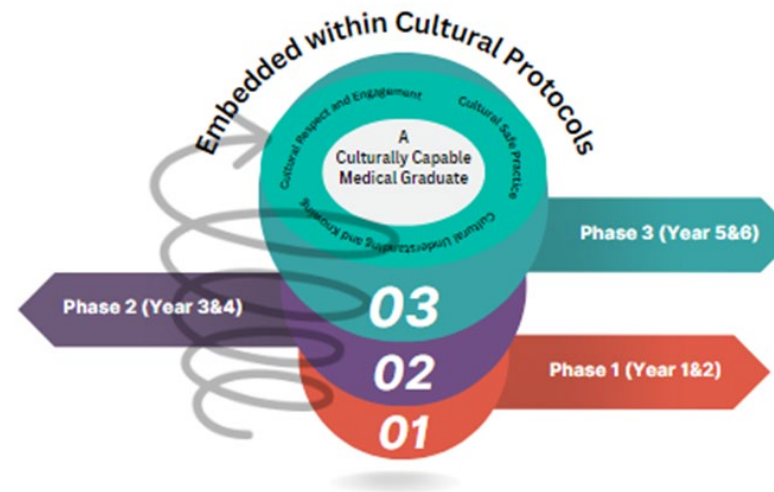
- Lecturer – Sophie Pitt (Erub (Darnley) Torres Strait Islands)
- Lecturer – Georgia Stewart (Ngiyampaa)
- Indigenous Student Support Officer – Frances Pestana
- Director - A/Prof Peter Malouf (Wakka Wakka and Wuli Wuli)

**Culturally safe practices** include actions that recognise and respect the cultural identities of others and safely meet their needs, expectations and rights.

**Integrated Curriculum** embedded across the Medical program.

## Key learning area:

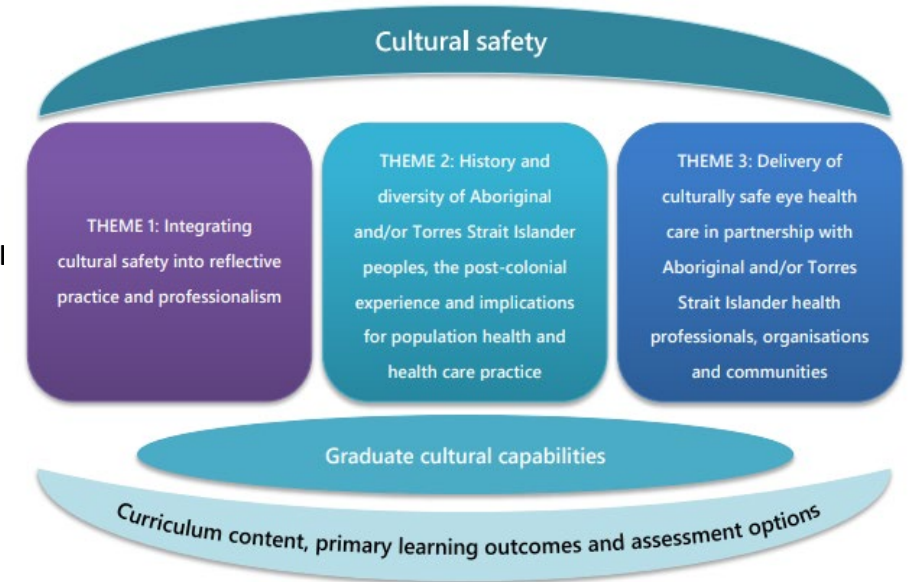
- Historical context
- Aboriginal and Torres Strait Islander culture, beliefs and practice
- Racism in Health Care
- Health data
- Cultural safety in practice
- Health promotion and advocacy
- Professional and ethical issues in Aboriginal and Torres Strait Islander Health.





# 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

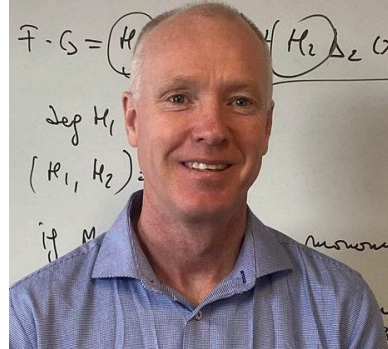


**UNSW**  
SYDNEY



# School of Mathematics and Statistics

**Dr Jim Pettigrew**



**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)

[\(Recommended enrolment in Term 1\)](#)

**A/Prof Jonathan  
Kress**



**Associate Professor Jonathan Kress**

**Director of First-Year Mathematics and Statistics**

Level 3, Rm 3073, H13-E-3073, The Anita B. Lawrence Centre

he [ug.MathsStats@unsw.edu.au](mailto:ug.MathsStats@unsw.edu.au)

<http://www.maths.unsw.edu.au>

1. See: <http://moodle.telt.unsw.edu.au/my/>
2. Lectures start week 1
3. Tutorials start in week 1 and run to week 10

# School of Physics

Dr Kate Jackson



## 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](mailto:kate.jackson1@unsw.edu.au)

# School of Chemistry

**Dr Shannan Maisey**



## **CHEM1011 Chemistry 1A: Atoms, Molecules and Energy**

([Recommended enrolment in Term 2](#))

Dalton Building 132

[s.maisey@unsw.edu.au](mailto: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  
<https://moodle.telt.unsw.edu.au/enrol/index.php?id=73166>
- 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
  - Use the Student Key: Science1stYearDiagnostics





# School of Chemistry

**A/Prof Graham Ball**



## **CHEM1829 Biological Chemistry for Optometry**

([Term 3](#))

Chemical Sciences (F10) Room 1008

[g.ball@unsw.edu.au](mailto:g.ball@unsw.edu.au)

1. Buy CHEM1829 Lab Manual from UNSW Bookshop.
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

Mr Ryan Salinas



Dr Teagan Mock



Dr Rebecca LeBard



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

## Contact Information:

Mr Ryan Salinas [r.salinas@unsw.edu.au](mailto:r.salinas@unsw.edu.au)

Dr Teagan Mock [t.gale@unsw.edu.au](mailto:t.gale@unsw.edu.au)

Dr Rebecca LeBard [r.lebard@unsw.edu.au](mailto: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.”

# 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](mailto: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](mailto: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](mailto:Maitreyee.roy@unsw.edu.au)

# Year 2 Courses

**Dr Vanessa Honson**



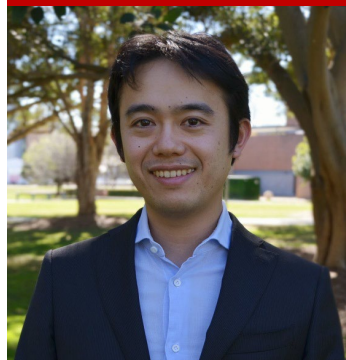
**Clinical Environment**

**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**



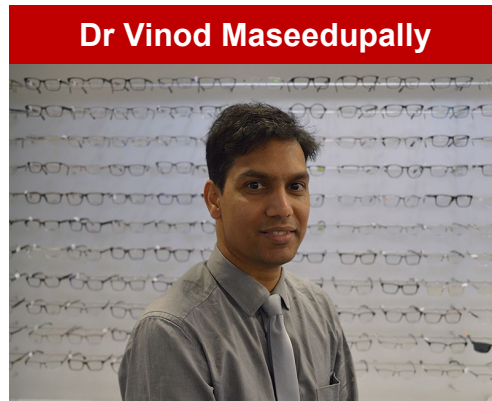
**Vision Science**

**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

**Scientia Prof  
Fiona Stapleton**



**Ocular  
Therapeutics**

**Dr Sharon Oberstein**



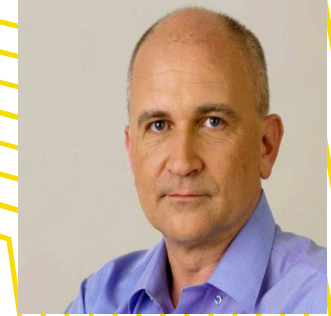
**Optometry**

**Ms Amanda Lea**



**Optometry**

**Prof Mark Willcox**



**Final Year Research  
Project**

**Dr Kathleen Watt**



**Optometry**

**Ms Lily Ho**



**Optometry**

**Dr Vinod Maseedupally**



**Optometry**

**A/Prof David Pye**



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



# 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



The graphic features a woman in a black hat and jacket holding two red heart-shaped sunglasses. The background is a mix of red, white, and grey circles. Text elements include the UNSW Sydney logo and 'Australia's Global University' in the top left. A large dark circle contains the text 'FREE COMPREHENSIVE EYE EXAMS'. A red circle below it says '20% OFF ALL PURCHASES'. A yellow circle at the bottom left says 'LOCATED ON UNSW KENSINGTON CAMPUS'. At the bottom, the text 'Everyone welcome' is displayed.

**UNSW** SYDNEY | Australia's Global University

**FREE**  
COMPREHENSIVE  
**EYE EXAMS**

**20%**  
OFF ALL  
PURCHASES

LOCATED  
ON UNSW  
KENSINGTON  
CAMPUS

Everyone welcome

# UNSW Optometry Clinic



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



**Dr Sharon Oberstein**  
**Senior Lecturer**



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



**Lily Ho**  
**Senior Lecturer**



**Anthony Chapman-Davies**  
**A/Professor**



**Dr Vanessa Honson**  
**Lecturer**



**Nikki Delaveris**  
**Lecturer**



**Rebecca Dang**  
**Lecturer**



# UNSW Optometry Clinic



**Amanda Lea**  
Lecturer



**Lisa Feng**  
Lecturer



**Regina Chapman-Davies**  
Lecturer



**Eihab Eltantawy**  
Lecturer



**Nathan Ho**  
Lecturer



**Elena Larocca**  
Lecturer

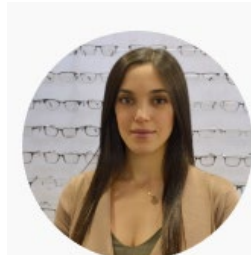
# UNSW Optometry Clinic



**Katariina Pakarinen**  
Practice Manager



**Debbie Huber**  
Optical Dispenser



**Alyssa Collet**  
Clinic Receptionist  
& Optical Dispenser



**Melanie Hull**  
Clinic Receptionist  
& Optical Dispenser



**Daniel Pua**  
Clinic Receptionist

# UNSW Optometry Clinic

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



**Maitreyee Roy**  
Associate Professor  
Director  
ORLAB



**Stephen Dain**  
Emeritus Professor  
Consultant



**Brian Cheng**  
Measurement, Calibrations  
& Quality Coordinator



**Olga Pitt**  
Customer Services  
Officer



**Michelle Ang**  
Technical Assistant



**Ash Ang**  
Technical Officer

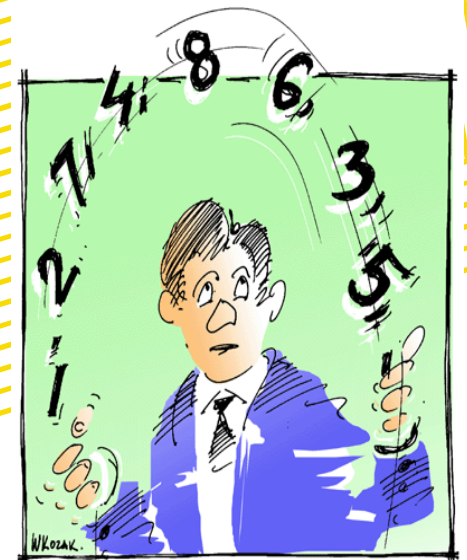


**Shमित Vishal Mani**  
Technical Assistant



# 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>

## Protect others from getting sick

When coughing and sneezing  
**cover mouth and nose** with  
flexed elbow or tissue



**Throw tissue into closed bin**  
immediately after use

**Clean hands** with alcohol-based  
hand rub or soap and water  
after coughing or sneezing and  
when caring for the sick



# 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



A/Prof Michele Madigan  
Student Adviser

Sooner rather than later!



# 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)

# 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



**Michelle Wanandy**  
Undergraduate/MClinOptom  
Teaching Support



**Dr Vinod Masedupally**  
Undergraduate/Master of Clinical Optometry Coordinator

# 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:**

<https://www.unsw.edu.au/planning-assurance/safety/safer-communities/gendered-violence/find-first-responders>

**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

- [\(s.khuu@unsw.edu.au\)](mailto: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

A/Prof Sieu Khuu



- UNSW administration

- Student Complaints and Appeals  
<https://www.unsw.edu.au/planning-assurance/conduct-integrity/complaints-unsw/student/student-complaints>



# Student Support - I Need Help With...

**My Feelings and Mental Health**  
Feeling depressed, overwhelmed  
or not your usual self?



**Mental Health Connect**  
[student.unsw.edu.au/mhc](http://student.unsw.edu.au/mhc)



**TalkCampus**  
[student.unsw.edu.au/Talkcampus](http://student.unsw.edu.au/Talkcampus)



**UNSW (24/7) Mental Health Support:** [+61\(2\) 9385 5418](tel:+61293855418)

**Text support After Hours:** [0485 826 595](tel:0485826595)



**Offshore**  
**Call 24-hour Medibank Hotline:** [+61 2 8905 0307](tel:+61289050307)

**Uni and Life in Australia**  
Stress, financial, visas,  
Accommodation & More



**Student Support**  
**Indigenous Student Support**  
**M&H Student Experience Officer, Indigenous**

[student.unsw.edu.au/advisors](http://student.unsw.edu.au/advisors)  
[nura-gili-centre-indigenous-programs](http://nura-gili-centre-indigenous-programs)  
[Frances Pestana](#)

**Reporting Sexual Assault/Harassment**



**Equity Diversity & Inclusion (EDI)**

[unsw.edu.au/planning-assurance/conduct-integrity/gendered-violence](http://unsw.edu.au/planning-assurance/conduct-integrity/gendered-violence)

**Educational Adjustments**  
To manage my studies and  
disability / health condition



**Equitable Learning Services (ELS)**

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

**Academic and Study Skills**



**Academic Skills**

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

**Special Consideration**  
Because life impacts our  
studies and exams



**Special Consideration**

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

**Physical Health**  
Doctors visits, Vaccinations



**Health Service**

[student.unsw.edu.au/hsu](http://student.unsw.edu.au/hsu)  
**OR Bulk Billed GP**

# External Mental Health Support

## Lifeline

24/7 crisis support and suicide prevention services

**13 11 14**  
[Lifeline.org.au](http://Lifeline.org.au)

## Mental Health Line

24/7 professional help and advice  
Referrals to local mental health services

**1800 011 511**

## 1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse.

**1800 737 732**  
[1800respect.org.au](http://1800respect.org.au)

## Beyond Blue

24/7 mental health support service

**1300 224 636**  
[beyondblue.org.au](http://beyondblue.org.au)

## headspace

Online support and counselling for young people aged 12 to 25

**1800 650 890**  
(9am-1am daily)

[Headspace.org.au/eheadspace](http://Headspace.org.au/eheadspace)  
(webchat)

## Mensline

24/7 counselling service for men

**1300 78 99 78**  
[Mensline.org.au](http://Mensline.org.au)

## Qlife

LGBTIQ+ peer support and referral

**1800 184 527**  
(6pm-10pm daily)

[Qlife.org.au](http://Qlife.org.au)  
(online chat 3pm-12 am daily)

## 13YARN

24/7 support service for Aboriginal and Torres Strait Islander people

**13 92 76**  
[13yarn.org.au](http://13yarn.org.au)

# 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



# Sometimes ....

*Life can be difficult at times*

- Personal
- Family

*UNSW understands*

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



# Communication

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

[Website: https://www.optometry.unsw.edu.au/](https://www.optometry.unsw.edu.au/)

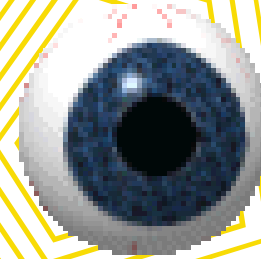
<https://www.facebook.com/UNSWOptom/>

<https://www.facebook.com/UNSWoptometryclinic/>

Twitter: @unswoptomvsci

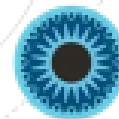
# Our Aim

- ✓ 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





# GIVING SIGHT SOCIETY



OPTOMETRY  
giving sight



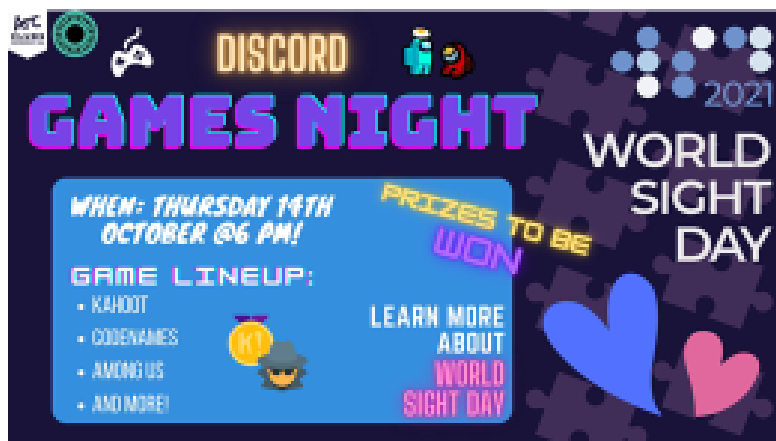
# Who are we?

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



# What do we do?

Fundraising and raising awareness



**DISCORD** **2021**  
**GAMES NIGHT** **WORLD SIGHT DAY**

**WHEN: THURSDAY 14TH OCTOBER @6 PM!**

**PRIZES TO BE WON**

**GAME LINEUP:**

- KAHOOT
- CODENAMES
- AMONG US
- AND MORE!

**LEARN MORE ABOUT WORLD SIGHT DAY**



**BREW-TEA-FUL BEVERAGES**

**W3 Wednesday 15th June 10am-1pm**  
(outside Main Library)

Get yourself a hot chocolate, coffee, or tea for \$2.50.  
Add marshmallows or boba for an extra \$1.  
\*non-dairy options available

All funds raised will go towards vision care to help fight avoidable blindness and vision impairment!

**UNSW GIVING SIGHT SOCIETY**



**UberEats Secret Santa** **2021**  
**WORLD SIGHT DAY**

**THURSDAY OCTOBER 14TH 2PM**

**\$3 goes towards providing basic eyecare for those in need**

**Register below!**



**GIVING SIGHT STALL**

**WK 3 WEDNESDAY 16TH JUNE**  
**9AM-4PM**

**1 DONUT FOR \$3**  
**3 DONUTS FOR \$5**

**OUTSIDE MAIN LIBRARY**

**1.32 BILLION GLOBALLY SUFFER FROM VISION IMPAIRMENT**  
**BRING SIGHT TO THOSE WHO NEED IT. ALL PROCEEDS PROVIDED SUPPORT FOR UNDERSERVED COMMUNITIES.**

**UNSW GIVING SIGHT SOCIETY**



# How do you join?

**UNSW Giving Sight Society**  
@givingsightaustralia - Community

**Giving Sight**  
Giving Sight

Give Sight (NSW) aims to raise awareness of global avoidable blindness and vision impairment in NSW. The club holds fundraising events, notably taking part in the major campaign World Sight Day coordinated by Give Sight in order to raise funds for computers donated to enable visually impaired students.

Membership Fees	
Any Member	\$0
Non-Any Member	\$0
Associate Member	\$0

Applications for subcommittee and executive positions opening In Week 1!

**JOIN US!**

Facebook:  
[www.facebook.com/  
givingsightunsw](http://www.facebook.com/givingsightunsw)

SpArc: **Giving Sight**

Email us:  
[unswgivingsight@gmail.com](mailto:unswgivingsight@gmail.com)





# RAHMS

RURAL ALLIED HEALTH & MEDICAL SOCIETY






# 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



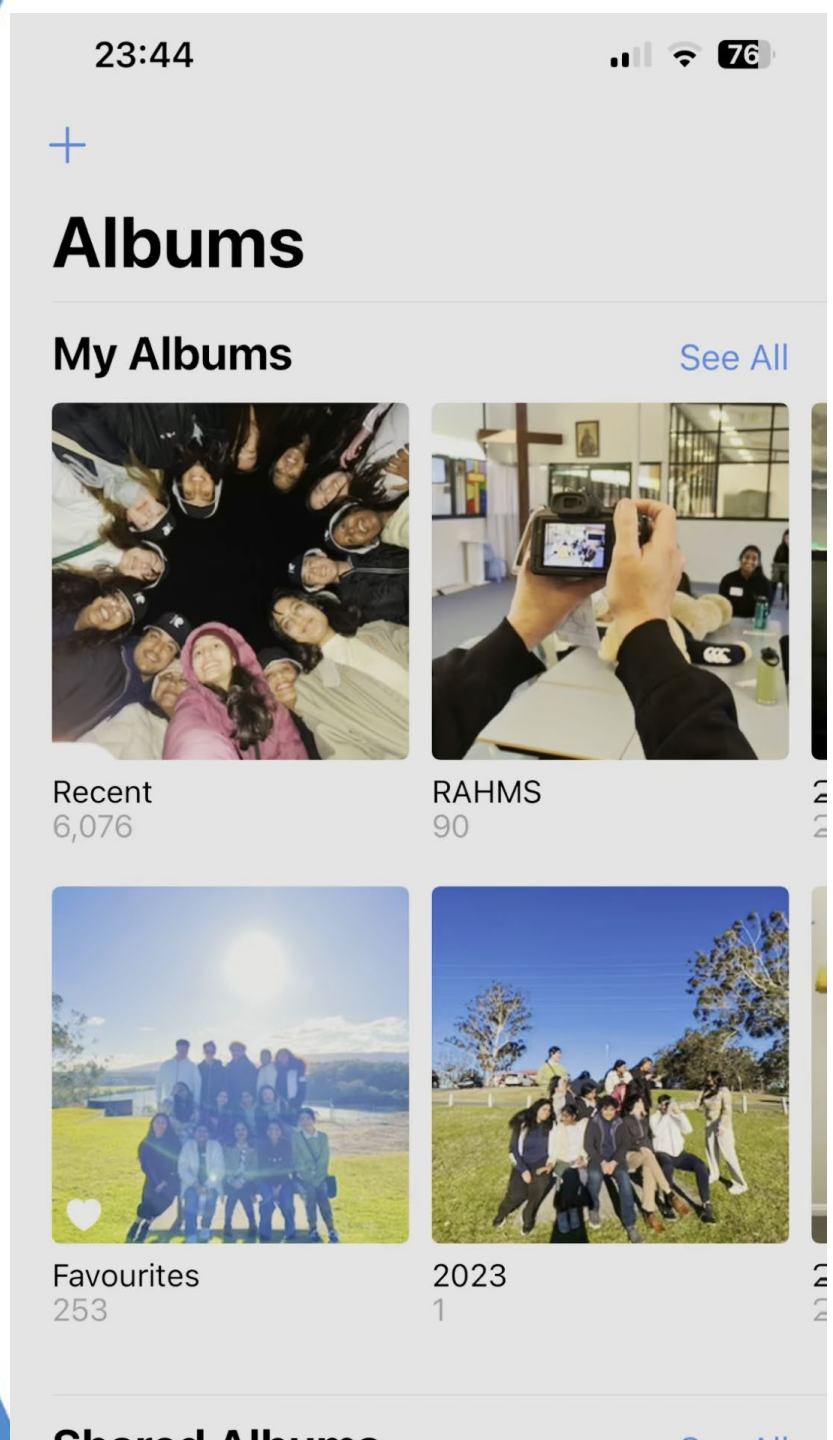


# We want ewe!



## 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



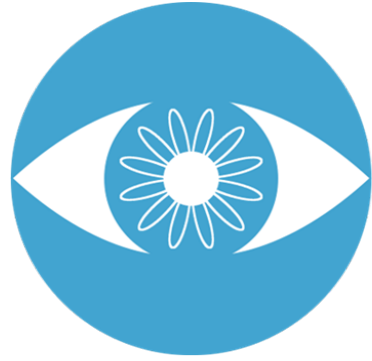
## Community Member

Anyone is welcome! Attend, be inspired & make friends



Join the family TODAY @rahmsunsw





UNIVERSITY OF NEW SOUTH WALES  
OPTOMETRY AND VISION SCIENCE  
SOCIETY

**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 5<sup>th</sup> year  
students and FOUR year representatives from  
1<sup>st</sup> to 4<sup>th</sup> 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 Odisho (Marketing Director) and Rosanna Lee (Secretary)*



# EVENTS



**BBQs**

The first of which will be straight after your campus tours.



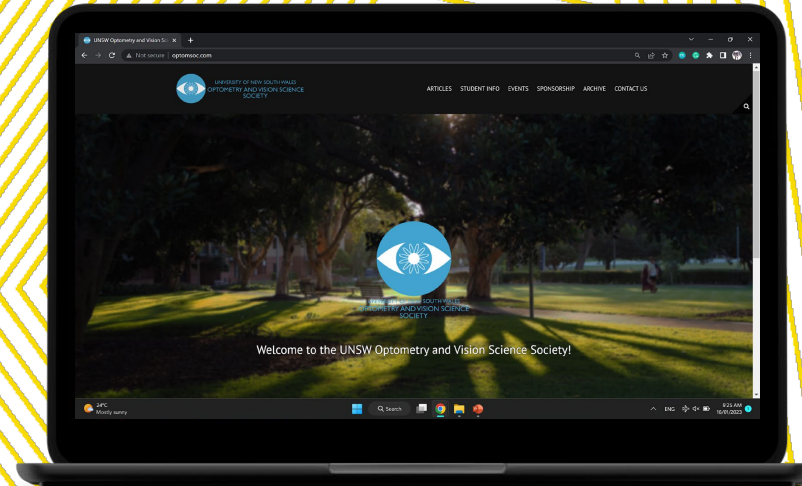
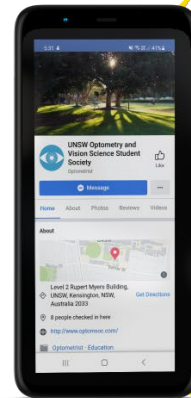
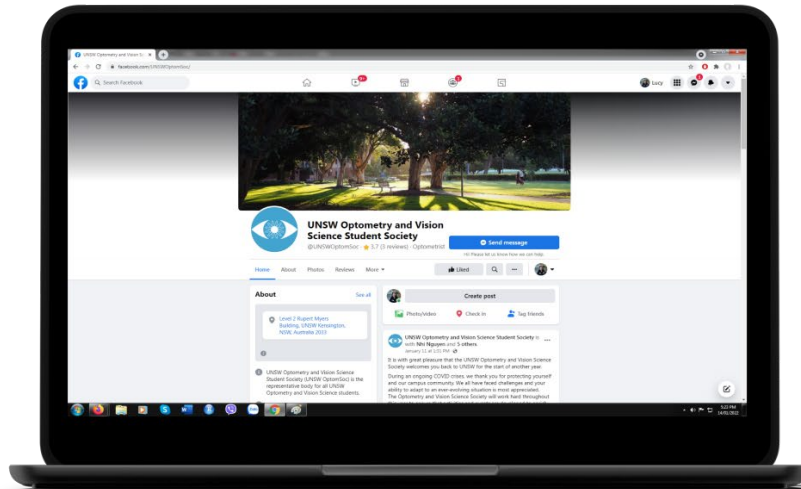
**CRUISE**



**EYEBALL**



# STAYING CONNECTED

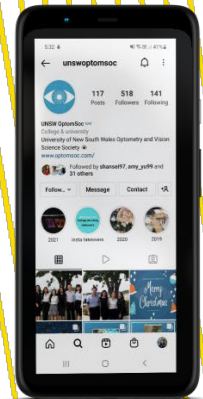
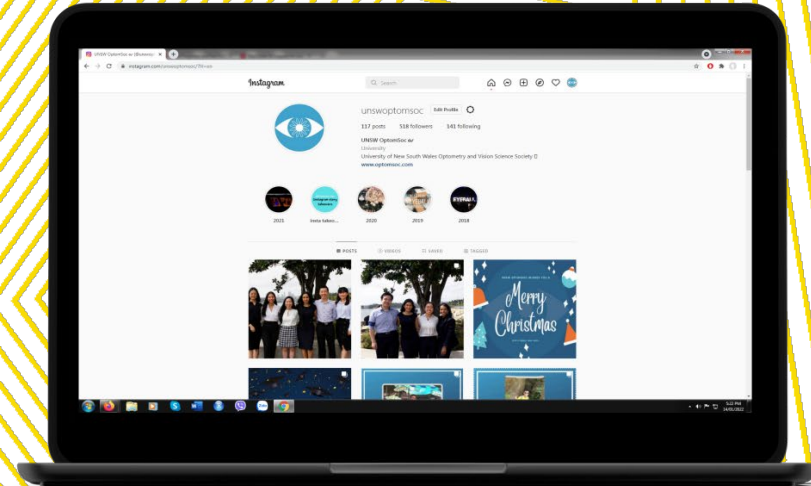
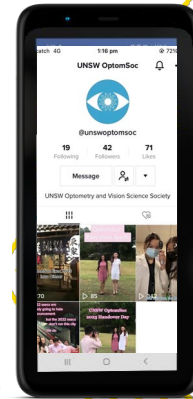
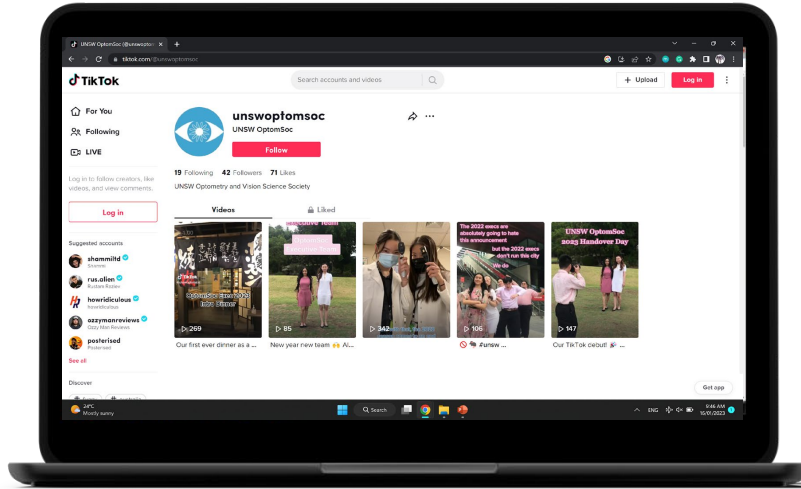


Facebook Page - UNSW Optometry and Vision Science Student Society



Website: [www.optomsoc.com](http://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**

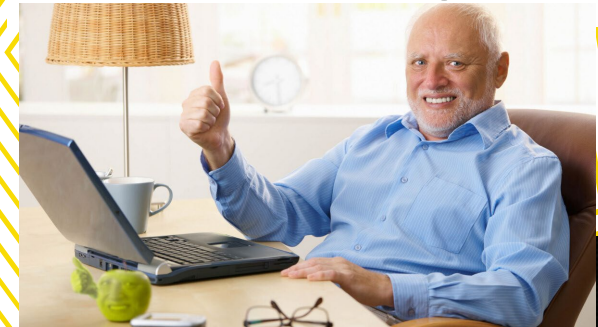
# 2024 Peer Mentoring Program



# University- very different to high school...

- Huge campus
- SO MANY resources...
- Different student expectation
  - Self-directed learning
  - “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?

Research and Development in Higher Education Volume 34

## An exploratory investigation into first year student transition to university

**Angela Bowles**

University of Greenwich, Greenwich, UK  
[A.Bowles@greenwich.ac.uk](mailto:A.Bowles@greenwich.ac.uk)

**Alexandra Dobson**

University of Wales, Newport, UK  
[Alexandra.Dobson@newport.ac.uk](mailto:Alexandra.Dobson@newport.ac.uk)

**Ron Fisher**

Griffith University, Gold Coast, Qld, Australia  
[R.Fisher@griffith.edu.au](mailto:R.Fisher@griffith.edu.au)

**Ruth McPhail**

Griffith University, Gold Coast, Qld, Australia  
[R.McPhail@griffith.edu.au](mailto:R.McPhail@griffith.edu.au)

Table 1: Measures of Student perceptions of Enablers to Transition

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

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

- SWAG Discord server
  - <https://discord.gg/wcJqKw3tMs>





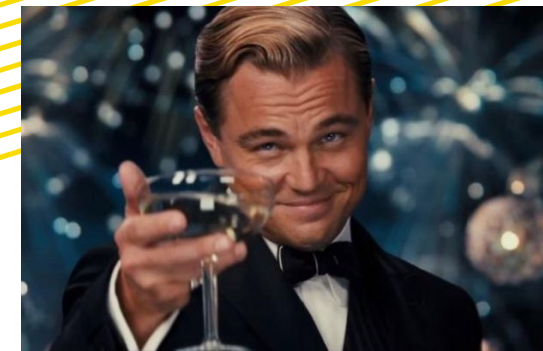
# Who are the peer mentors?

- **4<sup>th</sup> year students or 1<sup>st</sup> year of Master of Clinical Optometry students**
- **Selected to have leadership experience**
- **Have been trained by UNSW Counselling and Psychological Services to mentor 1<sup>st</sup> 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:  
<https://www.unsw.edu.au/medicine-health/our-schools/optometry/student-life/student-opportunities/peer-mentoring-program-registration>
- Attend weekly meetings
- Enjoy university life



# PEER MENTORS



**UNSW**  
SYDNEY





# Peer mentoring & settling into university



# Meet the Mentors



Tracey  
Tran



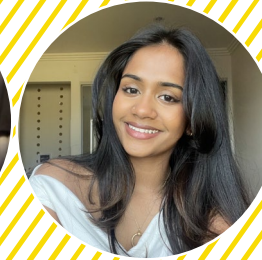
Angela  
Zhang



Emily  
Mai



Kelvin  
Huang



Sri Balasubramani



Carmen  
Chan



Angela  
Park



Phillip  
Tran



Anthony  
Duong



Monica  
Lam

Nicole Liu



Jianlan  
Guo



Tony  
Le



Monica  
Abouharb



Angela  
Aaraj



Jennifer  
Du

HIGH SCHOOL	UNIVERSITY
Subjects	Courses
Periods / class	Lectures / tutorials
Practicals	Labs
Syllabus	Course outline





# 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!)**



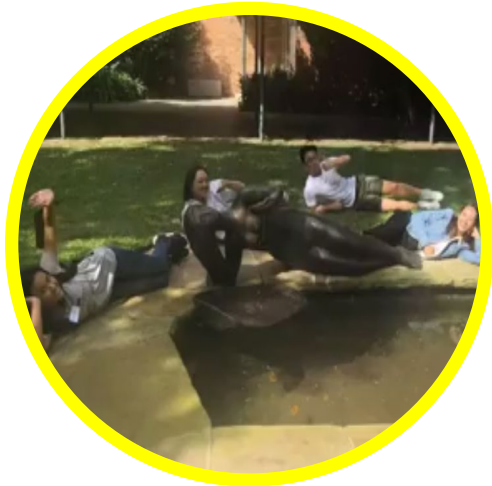
# General tips

- 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 1<sup>st</sup> 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**



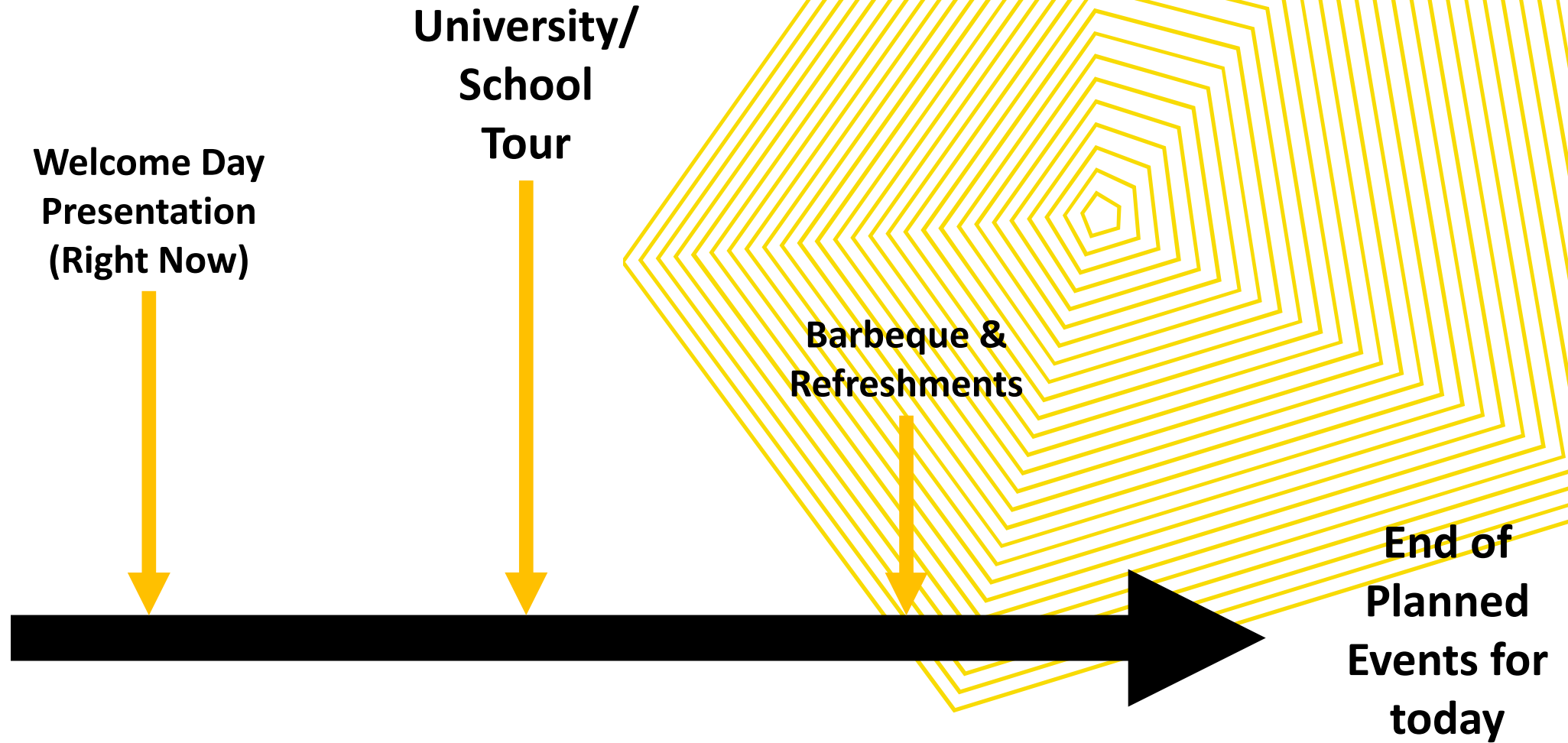
**Picnics and BBQs**



**Trivia Nights**



# Outline for Today's Events



**Thank you and enjoy first year!**



**UNSW**  
SYDNEY