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### From the President
Words of welcome from this year’s NUPSA President, James Pinkerton.

### Meet your 2017 NUPSA Executive
You’ve selected your new Executive members for this year – now get to know them!

### NUPE Executive – Positions Available
There are currently two vacant positions on our Executive! Find out more here.

### February Workshop/Events Calendar
See an overview of all the events we’re running this month at each campus.

### Schedule: The Space
This month: badminton, card games, Wii Wars and an intro to your UON support services.

### Orientation Week Activities
We’re hosting a free pancake breakfast and a bus trip to Blackbutt! **Cuddly animals**!

### SWAMP Postgrad Creative Writing Magazine
If you’re an avid short fiction writer or poet, SWAMP is looking for submissions.

### Looking For: Student Editor/Article Submissions
We’re looking for a (paid) student editor for our newsletter, as well as postgrad articles.

### PhD Comics/Contact Us
There are tons of ways you can get in touch with us, and here they are!
Hey everyone,
Welcome (or welcome back) to a new year of postgraduate study at the University of Newcastle.

My name is James Pinkerton and I am extremely excited to represent you as your NUPSA President for 2017. Whether you’re a new student, a continuing student or even an alumni still receiving this newsletter you may be asking yourself, what is NUPSA? This is an extremely important question.

NUPSA is your student association at the University of Newcastle (UON). We are the organisation that represents all postgraduate students, whether they be research higher degree, coursework, graduate certificate or postgraduate diploma students, across all UON campuses; we are here to support you.

We are a student-led society, with a team of student Executive members to help support you throughout your studies at UON. We recognise that postgraduate students are an extremely diverse bunch, based in a variety of locations – Newcastle, Sydney, Ourimbah, or even studying remotely from the middle of NSW. As such, our Executive members come from a range of backgrounds to support coursework students, research students, international students, queer students and several other groups.

And because our Executive members are all current students, they understand the difficulties you may face throughout your time as a postgraduate student and the need for an independent student advocate to speak to. Please feel free to contact any of the NUPSA Executive for any form of support. You’ll find their details over the next few pages, as well as on our website at nupsa.edu.au/our-executive/

NUPSA also has two fantastic staff members who are here to help, and I encourage you to contact them as well: http://nupsa.edu.au/our-staff/

Apart from support, NUPSA’s main role is to advocate for postgraduate students at UON. We are your student voice during your studies; our aim is to advance the cause of postgraduate students at UON. We will communicate any issues that affect you to the University, as well as relevant student bodies across Australia such as the Council of International Students Australia (CISA) and the Council of Australian Postgraduate Associations (CAPA).

This year, NUPSA is very lucky to have two Executive members, Albina Gayoso and Anish Saini, who stand on both of these national bodies respectively. This gives Newcastle postgraduate students a fantastic opportunity to have their voices heard in a national forum. I wish my two colleagues luck in both their roles; I’m sure they’ll do a fantastic job.

Support and advocacy aside, NUPSA is here to enhance your postgraduate student experience. Studying at university isn’t just about sitting in a library 24/7 to prepare for an exam, or spending 95% of your time in a lab to then write a 100,000 word thesis. It’s also about enhancing your personal, social and professional skills, to help you achieve success both in your degree and in your career beyond it.

We run a range of academic workshops throughout the year designed to improve these skills – Shut Up and Write sessions, writing circles, careers and employability workshops, networking sessions, classes to prepare you for confirmation or writing your thesis, even workshops on time management and procrastination.

We also run a number of sessions to prepare you for the psychological challenges of postgraduate study – managing stress, dealing with homesickness, balancing work, life and study, and many others. We run these workshops in collaboration with a number of university departments, and we are extremely grateful for their time and effort in helping support NUPSA.

NUPSA also recognises the need to be an active cultural and social voice in the UON student community. We actively support and participate in cultural activities such as Harmony Day, National Sorry Day, International Womens’ Day, Sexual Health Awareness Week and Pride Week, among others.

We understand that study can be quite stressful at times, and we appreciate the need to relax. To help you ‘let your hair down’ (relax), NUPSA also organises a host of social activities across campus. These include movie screenings, games nights, badminton, free lunches and general social evenings. NUPSA also hosts The Space and The Network, weekly social groups at Callaghan and City campuses that bring together international and domestic students in a relaxed social atmosphere.
Now you know a little more about NUPSA, I hope to see you all throughout the coming year. We are aiming to ensure we have a presence at all major campuses this year (Callaghan, City, Ourimbah and Sydney), so please follow us through our website, newsletter, emails and social media to keep up to date on all NUPSA-related events.

Lastly, NUPSA exists for postgraduate students and aims to deliver for postgraduate students, and so we’d would love to hear your feedback. At all of our activities this year, we’ll be handing out feedback forms; we want your opinion on how we can improve as an association.

Once again, welcome! I look forward to meeting you all and representing you as NUPSA President for 2017.

Contact James at james.pinkerton@uon.edu.au.

Meet your 2017 NUPSA Executive

Albina Gayoso
Vice-President

Hi! I’m Albina Gayoso, this year’s NUPSA Vice-President. I am an international student from Russia and a third year PhD candidate in Politics. I love Newcastle and our university!

Helping students is my passion. Since I moved to Newcastle, I have been heavily involved in university life: organising events and cultural workshops, running clubs (such as the United Nations Society) and representing students (as International Representative of NUPSA and Postgraduate Representative of NUSA). I am grateful to you all for choosing me for such an important position this year.

I am looking forward to working for better experiences, providing useful workshops, entertaining events and exciting opportunities for students at any campus of University of Newcastle. Together we can enrich our academic and social lives and make UON the best university in Australia!

Albina Gayoso
albina.kartavtceva@uon.edu.au

Anish Saini
International Representative

Hello, my name is Anish Saini. I am an international student from India and have come to Newcastle to pursue my PhD in Environmental Remediation. I completed my Bachelor of Science and Master of Science degrees in India, and carried out my internship for my Master’s degree at NUS Singapore.

I have previously represented my class and house (in school) and been their voice to interact with the university/staff board. The exposure I received by carrying out my research in Singapore helped me understand how an international student faces varying problems and how they can cope with them.

Before coming to Newcastle, I worked as Operations Manager for an international airline operating in India. That not only taught me how to manage and work efficiently with a team, but also how to interact with customers with differing backgrounds and mother tongues.

I am really happy to be elected as your International Representative here at NUPSA. Being an international postgraduate student myself, I understand the major problems we face. I also know from experience that most of us are so engrossed in our degrees that we do not voice our problems to the same degree as undergraduate students do.

I would love to hear about any problems (big or small) that you face at the university, and I will do my best to help you with them.

Anish Saini
Anish.Saini@uon.edu.au
Ashleigh McIntyre
Research Representative

Hi! My name is Ashleigh McIntyre (call me Ash) and I have just started my RHD journey with the University of Newcastle. My PhD is in Critical Literature and explores the various ways that psychological trauma is represented in contemporary fiction.

I am a Newcastle local and have previously attended the University of Newcastle for my Bachelor of Arts Honours degree. I completed my HSC at Saint Mary’s College in Maitland in 2009, before spending the next twelve months volunteering overseas with Cork Simon Communities supporting the homeless community there.

Currently I tutor English for primary and high school students in and around Newcastle and the Hunter Valley. I also run a music program for young children called Mainly Music, a community outreach program which aims to bring local families together.

I greatly look forward to working with NUPSA and hope I can contribute to the university experience of my fellow RHD students through this wonderful organisation!

Faria Quoreshi
Coursework Representative

Hello, my name is Faria Quoreshi. I am an international student from Bangladesh pursuing a Masters degree in International Business Law at Newcastle University. I completed my law degree in the UK and worked in London before my bar enrolment at the Bangladesh Bar Association.

At undergraduate level, I was a student representative for the University of Hertfordshire’s Student Union and have first-hand experience dealing with everyday issues students face. Currently at NUPSA I am the Coursework Representative; I am here to assist you with any and all queries or issues you might have, not limited to coursework.

I look forward to hearing from Masters students in particular and thank the student body for electing me to this position.

Barrie Shannon
LGBTI Representative

Hi everyone! I’m Barrie Shannon, NUPSA’s LGBTI Representative.

I’m an Adelaide ex-pat and newly minted Novocastrian. I came to Newcastle last year to pursue Honours in Social Science, and I’m now doing a PhD in Sociology and Anthropology.

In my previous life as a South Australian, I managed the University of South Australia GLBTI Pride Club and took part in organising rallies and social events for the GLBTI community.

I’m proud to be back in a representative and advocacy role as I undertake my queer-focused research.
### Aboriginal and/or Torres Strait Islander Representative

**Candidate must identify as Aboriginal and/or Torres Strait Islander.**

**Duties & Responsibilities:**
- To liaise with the President and other executive members regarding matters specifically related to Aboriginal and Torres Strait Islander postgraduate students;
- To have contact with the university’s Equity and Diversity Unit, the university’s Complaints Officer, the Dean of Students, The Wollotuka Institute and university counselling services;
- To advocate on behalf of postgraduate Aboriginal and Torres Strait Islander groups or individuals within the university;
- To seek advice from Aboriginal and Torres Strait Islander students, Elder in residence, collectives, community and other groups regarding their representation;
- To be accessible and available to Aboriginal and Torres Strait Islander postgraduate students on all campuses;
- To be aware of university policy and to provide resources for referral on issues relevant to Aboriginal and Torres Strait Islander groups or individuals;
- To seek solutions to specific problem cases related to Aboriginal and Torres Strait Islander postgraduate students after consultation with the President and/or other executive members; and
- To convene the Aboriginal and/or Torres Strait Islander Standing Committee.

**Expectations:**
- The Aboriginal and/or Torres Strait Islander Representative is expected to work to complete their duties and responsibilities as outlined above to the best of their ability.

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### Equity Representative

**Duties & Responsibilities:**
- To liaise with the President and other executive members regarding matters specifically related to Equity groups within the postgraduate student cohort. Equity groups shall include but not be limited to such groups as:
  - Aboriginal and Torres Strait Islander Australians,
  - people from socio-economically disadvantaged backgrounds,
  - people from rural and isolated areas,
  - people with disabilities,
  - people of non-English speaking backgrounds, and
  - women (especially women in non-traditional areas of study).
- To be aware of issues arising locally and nationally on equity matters;
- To advocate on behalf of postgraduate equity groups or individuals within the university, and to be reasonably accessible and available to postgraduate students on campus;
- To be aware of university policy and to provide resources for referral on issues relevant to equity groups or individuals;
- If there is currently no International Representative on the Executive, assist with grievances raised by international students in regards to equity issues;
- To make use of resources, groups, and contacts on campus and to share any information in regards to equity matters;
- To seek solutions for postgraduate students related to equity and diversity matters after consultation with the President and/or other Executive members; and
- To actively participate in NUPSA programs, events and activities.

**Expectations:**
- The Equity Representative is expected to work to complete their duties and responsibilities as outlined above to the best of their ability.

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### Vacancies exist for the positions of:
- Aboriginal and/or Torres Strait Islander Representative
- Equity Representative

For more information or to nominate yourself, email us at nupsa@newcastle.edu.au or pop into our office for a chat.
## Workshops and Events

### February 2017

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<td><strong>The Space:</strong> Launch Party 12.00pm</td>
<td><strong>Movie Screening: The PhD Movie</strong> 12.00pm</td>
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<td><strong>Shut Up and Write!</strong> 10.00am Writing Circles 12.00pm</td>
<td><strong>The Network:</strong> Badminton at Civic Park 3.00pm</td>
<td><strong>Movie Screening: The PhD Movie 2</strong> 12.00pm</td>
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<td><strong>Shut Up and Write!</strong> 10.00am Writing Circles 12.00pm</td>
<td><strong>The Network:</strong> Wii U/Card Games 3.00pm</td>
<td><strong>The Space:</strong> Badminton at Oval 4 12.00pm</td>
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<td><strong>Shut Up and Write!</strong> 10.00am Writing Circles 12.00pm</td>
<td><strong>The Network:</strong> Mindfulness Techniques 3.00pm</td>
<td><strong>Pancake Breakfast</strong> 9.30am <strong>Bus trip to Blackbutt</strong> 10.30am</td>
<td><strong>The Space:</strong> Meet Your Support Services 12.00pm</td>
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<td><strong>Shut Up and Write!</strong> 10.00am Writing Circles 12.00pm</td>
<td><strong>The Network:</strong> Activity TBA 3.00pm</td>
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### NUPSA Workshops Social Events

- **Callaghan Campus**
- **City Campus/NBS**
- **HMRI**
- **Ourimbah**
- **Sydney**
- **Online**
- **Student Club/Society Events**

### Club Events
The Space @ Callaghan Campus

**When & Where**

**Thursdays, 12pm - 2pm @ The Clubhouse, Bar on the Hill**

**Badminton at Oval 4**

For this week's session, we’re hosting a friendly game of badminton on Oval 4. Don’t worry if you’re a beginner – it’s not a competitive match, just a chance to get some exercise, have some fun and work out the stress of your studies.

We’ll have plenty of cold drinks and ice blocks handy to beat the heat, and if the weather is poor, we’ll have some other games and activities lined up in the Clubhouse instead.

**Click here to register**

**Games Week**

Get your game on this week in The Space: we’re setting up the Clubhouse with free food (of course), card games, video games, board games and table tennis. Come along, take a break, have a chat and try your hand at everything from Uno to archery, Sushi Go to bowling, kart racing to ghost-hunting.

**Click here to register**

**Presentation: Your Support Services at UON**

This week, we’ve invited representatives from a number of student service teams to come and introduce you to the things they do: the Counselling Service, askUON, Centre for Teaching and Learning, RezLife and Student Hubs.

From healthcare and counselling to accommodation, financial services and general inquiries, there are many kinds of assistance you have available to you as a student. Come along, ask any questions you may have and familiarise yourself with the people who can support you throughout your studies.

**Click here to register**

Our first movie night of the year: Spirited Away, directed by Hayao Miyazaki
**The Network @ City Campus**

**When & Where**

**Tuesdays, 3pm - 5pm @ University House**

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**Badminton at Civic Park**

This week, we’re taking advantage of the summer afternoon sun with some friendly badminton at Civic Park. Don't worry if you’re a beginner – it's not a competitive match, just a chance to get some exercise, have some fun and work out the stress of your studies.

And if it’s windy or raining (or blistering hot), we’ll have some food and games set up in the Common Room on Level 3 instead.

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**Nintendo Games/Card Games**

This week, we’ll have some nibbles, card games and video games set up in the Common Room.

Take a break from your studies and try your hand at archery, bowling, table tennis and a host of other mini-games!

Reflexes, logic, spatial reasoning, social acumen... There are plenty of benefits to playing games.

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**Mindfulness Techniques w/ Cate France**

This week, we’ve invited Cate France of the UON Counselling Service to come and show you some brilliant mindfulness techniques. Mindfulness is an important tool for students; it improves your focus, reduces stress, and can be practiced throughout the day for just a few minutes at a time.

Come along find out more! Learning techniques like mindfulness early on will help you enormously throughout your studies.

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*The Space's 2017 launch event at Bar on the Hill*
During Orientation Week (February 20 - 24), the University runs a host of different activities, stalls and information sessions to help new students connect with each other and get settled into campus life.

We'll be there, of course - you'll see our stalls at both Callaghan campus and Ourimbah. And this year, we're running a pair of social events on Wednesday the 22nd as well.

First, we'll be hosting a pancake breakfast on the balcony of the Godfrey Tanner Bar (Shortland Building) from 9.30am. This is an opportunity to take a break, connect with other postgrad students and meet your new NUPSA Representatives for 2017.

And for those who would like to get some fresh air and see some adorable Australian animals close-up, we've hired a bus to take you to Blackbutt wildlife reserve!

The bus will depart from the Maths Bus Stop at 10.30am, so if you’ve registered, make sure you’re at the bus stop at least 5-10 minutes early. The Blackbutt trip will last about two hours; we should get you back to campus by about 12.30pm.

There’ll be plenty of pancakes to go around, but places on the bus will be limited, so register early if you wish to attend!

On Thursday, February 23, we’re also running an introductory session for postgrads with reps from several student service teams at UON. See Page 7 for more information and to register.
Call for Submissions

SWAMP Writing is a postgrad-run initiative that was the brainchild of two Masters and PhD students at the University of Newcastle, Australia, back in 2008.

Our aim is to discover what lurks in the murky waters of postgraduate creative writing workshops across the globe, and share the words with one and all.

Still going strong, SWAMP Writing is currently taking submissions of previously unpublished poetry, short fiction, creative non-fiction and memoir from writers currently enrolled in a postgraduate program in any university across the globe.

The theme for Issue 20 is ‘Space’. Whether that be the spaces between, safe or dangerous spaces, the space of solar systems and galaxies, we want you to write about what space means to you, and then share it with us for Issue 20 – a celebration of 20 issues of this safe space for postgrad creative writers!

The deadline for submissions is 28th February 2017.

Visit www.swampwriting.com or email swampwriting@gmail.com for more information!

SWAMP Writing is a great way for studying writers to get their name out there and add SWAMP to their list of publications. We would love the opportunity to publish your prose and poetry.

We look forward to hearing from you!
Are you a postgraduate student with a superhuman eye for written accuracy? Can you spot a typo or grammatical error at a thousand paces? Edit student articles in a flash, curate content and lay out entire InDesign spreads in your sleep?

If so, you’re a very specific, bookish kind of superhero – just the kind we’re looking for.

NUPSA is stepping up its workshops and events this year; we ran over two hundred activities in 2016, and with new initiatives planned for satellite and online students, we’re aiming to run even more in 2017.

We’re also looking to further develop our monthly newsletters, and include far more articles from postgraduate students. (And we have some nifty rewards for students that contribute – look further down this page!)

To help us produce awesome newsletters and get them to you on time, then, we’re looking to hire a student editor – someone who can look through all of our submissions, select the best pieces, edit them and lay them out properly in InDesign.

This is a paid casual position for one day a month, so it shouldn’t interfere with your studies all that much. It’s also an opportunity to get some additional work experience and take an active role in your postgraduate student association.

We’ll be posting a formal job description on CareerHub soon (we’ll let you know as soon as it’s live); if you’re interested, though, email us at nupsa@newcastle.edu.au in the meantime! We’ll give you more info and keep you up to date with any developments.

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**Student Position: Now Hiring!**

**NUPSA Student Editor**

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NUPSA is the postgraduate student voice, and we want our newsletter to be your voice as well – a place where you can talk about the things that matter to you. Your research, your daily life as a postgrad, your thoughts on the latest episode of Westworld, photos of what you had for breakfast... Anything about yourself and your work that you’d like to share.

With all your other work, research and personal commitments, we know it can be hard to find the time to do this. And so we want to reward those students who take the time to contribute – especially those that write considered, entertaining, thought-provoking or heartfelt pieces.

Starting next month, we will present a $50 Westfield gift card to any postgraduate student whose article is published in our newsletter. If we receive numerous submissions, the best will be selected by our new student editor (see the top half of this page).

Those articles chosen will also be published on the front page of our website (with the author’s permission), so it’s a great opportunity to promote yourself and/or your research. It’s also a chance to improve your written English skills – handy if you’re about to write your next assignment (or a 100,000 word thesis).

Again, your newsletter submission can be anything you want: an opinion piece, an introduction to some of the work you’re doing, a review, a poem/short story, anything at all!

Our next newsletter will go out at the end of February/beginning of March; send your submissions to nupsa@newcastle.edu.au.
Writing Circles

So now you’ve got something written – your lit review, a journal article, a section of your thesis, or a poem that expresses your weariness and inner turmoil – and now you’d like to get some feedback on it. Perhaps you’re concerned about the grammar, or where exactly to put that comma, or that your paragraphs and sentences don’t flow as easily as they should.

To assist you, we run writing circle sessions following every Shut Up and Write! session. Whereas Shut Up and Write! is just about quiet, uninterrupted writing time, writing circles are an opportunity to actually share bits of your work with other students and get valuable feedback on grammar, punctuation and sentence structure.

Each circle consists of about six to eight students, who bring in samples of their writing and take turns discussing them with the group. Working sentence by sentence, members of the circle give observations, tips and advice to help identify and correct errors, improve your syntax and make your academic English clearer and more concise.

You’ll sharpen your writing skills considerably – not only by getting several outside perspectives on your work, but by critically examining the work of other students.

Writing circles are kept deliberately small to make them private and comfortable for their members, and to ensure that everyone can submit work regularly for discussion. We may run multiple writing circles as attendance grows.

Honest commentary from your peers will help you identify weaknesses in your writing, capitalise on strengths, and produce work to the highest possible standard.
We want your feedback!

NUPSA is your student association. Everything we provide – our workshops, our events, our support, our advocacy – is for you, so please let us know what we’re doing well and what we can improve. Joining our Facebook page is a great way to do this. **You’ll find it by clicking here.** Leave us a message! We’re only too happy to chat with you.

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**THIS PROJECT FUNDED BY**

SSAF

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**CONTACT US**

**Our Office:**
Room HA150, Hunter Building
Callaghan Campus

**Opening Hours:**
Monday-Friday
8.30 am to 4.30 pm

**Phone:**
(02) 4921 8894

**Email:**
nupsa@newcastle.edu.au

**Website:**
nupsa.edu.au

**Facebook:**
https://www.facebook.com/NewcastleUniversityPostgraduateStudentsAssociation