2020

UNDERGRADUATE GUIDE

latrobe.edu.au
If you're reading this, you've successfully passed the first test: navigating your way to the fun bit of the guide. #clevergoals

Although we're known for our focus on practical skills and career development at La Trobe, it's not all about the classroom here: it's also about making new friends, trying new experiences and finding your - dare we say - own kind of clever. Whether that's joining a club, attending a cultural event on campus or volunteering for a cause you care about, there are plenty of options at La Trobe.

But, this doesn't mean your experiences always have to be deep and meaningful. Sometimes you just need the metaphorical equivalent of a Netflix binge, the odd sugary treat or a Vine compilation (RIP). As we know, all work and no play...

Ready to take a breather? Just turn the page...

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University survival guide

Seven steps to succeed at university

1. Make sure to prepare early. Read your subject information documents before the first day of class, and order your textbooks early. University is very self-directed: you're in charge of your own learning, so do not slack off and fall behind.

2. Respect your lecturers. Arrive early for your lectures and tutorials, and absolutely do not miss them. There will be no teachers chasing you around. You're the one who's responsible for your own education. Attend all lectures and tutorials, and no one will ask you to do so.

3. Use your free time wisely. Create a weekly schedule and prioritize your study. If you have a break between classes, use the time to catch up on assignments. On weekends and days with no classes, make a habit of studying in the library.

4. Read all your materials thoroughly. Read all the required and recommended texts as well as all subject material. Make sure to have a reference when you need it, as the subject material is not always well-organized or easily digestible. Use full-text online resources and critically evaluate the material you find. Reflect on what you need by creating one-page summaries.

5. Become acquainted with the library. Spend time getting to know your campus library. You will be spending a lot—perhaps most—of your time there. You can access most journals and books online. Though, it's good to venture from wherever you want.

6. Keep your head above water. Your lectures are the experts, so keep your head above water. Your professors expect you to be well-prepared. Ask them questions, even if they're the smallest. They're there to teach you.

7. Eat well and exercise. Make sure to get your 5 vegetables and 3 fruits a day. It's not as easy to eat as it sounds. Start your mornings with some light exercise. Remember, you came to university to excel in your studies—don't spend too many hours at the university bar.


 Says, what is a reference exactly but


For tips on how to handle uni jitters, check out this article: latrobe.edu.au/starting-uni
rayzen23: Many good times had here 😊 anya_anti: I love the Eagle Bar!
rustybeale: @anya_anti best place to relax after classes...
kevinneat: @mia635 @ajasayism hangs?
mia635: @kevinneat for sure! Gonna drop into learning support now, meet you after.

noahmac34: @muhammad2301 let’s study for the test outside later
muhammad2301: @noahmac34 yessss. Just don’t feed the ducks this time ha ha
podiatry.student24: keek!
lego_unicorn00: omg, miss @latrobeuni so much
latrobeuni: @lego_unicorn00 we miss you too! What are you up to these days?
lego_unicorn00: @latrobeuni got a job at the hospital after placement
latrobeuni: @lego_unicorn00 massive congrats!!

lunalani: Working hard or hardly working? 😁
michael3225: @lunalani Working hard!! Got a group presentation due tomorrow
perlaar: @michael3225 gonna be long? I need help with my assignment 😁
michael3225: yeah, come meet me here. Library’s open til midnight…
perlaar: @michael3225 I’ll bring snacks… 😊

abbyc: @ajasayism slept in again?
ajasayism: @abbyc save me a spot… on my way
abbyc: @ajasayism hands down the best lecture theatre I’ve been in! 😊

jessss: WHERE do I get this!!
samzabrowski: @jessss It’s food truck day on campus! So good 😎
sophia016: Yummm. Pretty keen for pizza for lunch today tbh
jessss: @samzabrowski omg I totally forgot! Gonna go down and get a burger after my prac 😂

kate_gills: @jackslate23 meet you at the coffee shop in 10? 😊
jackslate23: @kate_gills already here! Doing my readings for the tute
kate_gills: @jackslate23 I’ll be there soon!! Gonna need that sweet caffeine to get through my revision 😎

daniel_22: 9am lecture feels 😁
abbyc: @daniel_22 the struggle is real
zoeblue: This is my lecture theatre!
ajasayism: @abbyc save me a spot… on my way
abbyc: @ajasayism slept in again? 😁 all good I already saved one for you
ajasayism: @abbyc I wish… train issues… don’t think I’m gonna make it. Take some notes for me?
abbyc: @ajasayism gotcha. Meet me at the library after?
ajasayism: @abbyc 😊
Clubs and societies

Making friends is so much easier when you’ve got things in common, and that’s where joining a club or society comes in. At La Trobe, there are over 40 clubs spanning interests like yoga, coding, politics, anime, sustainability, sport and more. Whether you want to learn new skills, meet like-minded people or kick back at a social event, joining a club or society is the best way to do it. Read on to learn more about La Trobe’s massive range of clubs and societies from some current members and get ready to find your people. #squadgoals

Dion, Chemistry Krew
‘Being part of a club has given me the opportunity to meet people of similar interests to mine and feel like part of a community. I’ve met many amazing people through social events who have been more than willing to provide insights and encouragement. If there was one reason to join a club or society, this would be why.’

Juck, Craft Beer and Home-Brewing Society
‘Before moving to Australia for university, I knew that things would be different and I was wondering if I’d even be able to make any friends. Joining a club allows people to do both: I met friends that will last a lifetime. Being surrounded by such a solid crew of individuals gave me something to look forward to during hectic times around exams and other pressures.’

George, Physics Society
‘In 2018, PhySoc helped organise an inter-university physics careers night. This event helped me network with students from other universities as well as meet and form connections with academic and industry physicists. PhySoc is also a social club where students can meet up and have fun playing video games or eat cheap dumplings on campus.’

Imogen, Book Club
‘Although there are opportunities to make friends in tutorials and around campus, joining a club has been the best way for me to meet like-minded people at university and forge longer-lasting friendships. As a member of the book club, I’ve loved being exposed to new literature and having the opportunity to discuss it with others in a comfortable environment.’

Madison, La Trobe University Games Club (Bendigo)
‘I came to uni pretty much on my own, so joining a club was a way for me to make friends with similar interests. Having friends around you on campus makes an astonishing difference to your mood. I love the board game nights, it’s a good way to get involved with games that aren’t “mainstream” with lots of friendly competition and fun!’

Lilian, The Patch
‘I’ve really enjoyed learning about gardening: how to plant seeds, make compost, prepare soil before planting and propagate plants. I’ve also really liked meeting people from different countries, of different ages and ethnic backgrounds. It’s a great way to have new experiences and learn and grow as a person.’

Chetna, A Look Into African Society (ALIAS)
‘As a club president, I’ve learned how to become a leader and turn my dreams of positively reaching others by working as a team. I’ve developed independence and organisational skills that I take with me to work.’

Want to learn more about the range of clubs and societies at La Trobe, or even find out how to start your own? For more info, visit: latrobesu.org.au/clubs
You might dismiss crosswords as a thing of the past, but just like everything good in fashion and culture, they’re having a revival. In 2019, crosswords aren’t just a bit of kitsch. They’re relevant, a bit irreverent, and, in this case, a way to learn something you didn’t know while testing your pop culture knowledge. It’s the kind of thinking we value at La Trobe, combining creativity and problem-solving with information you can trust and skills to boot.

Across
3. Dr. Jekyll’s alter ego and a famous park, home to our Sydney Campus.
9. Famous newspaper cartoonist and recipient of an honorary degree from La Trobe.
11. Hometown of fruit cups, tinned peaches and the setting for Victoria’s first Rural MD program.
13. Name of the prestigious prize won by the late Emeritus Professor Rhys Isaac.
15. The setting of American Horror Story Season Two and a historical building at the edge of our Melbourne Campus.
16. The 1st Lieutenant-Governor of Victoria (and La Trobe’s namesake) who shares a first name with Will and Harry’s father.
18. Author of The Weather Makers, climate change activist and La Trobe graduate.
20. An ancient stronghold to protect the Neck and an iconic feature of the Melbourne Campus.
21. The original red Wiggle and a river running by two of our regional campuses.

Down
1. Popular hangout for zombies and a landmark near the Melbourne Campus.
2. A film starring Brad Pitt and the total number of La Trobe campuses.
4. Where A$AP Rocky wears his grillz and the focus of a five-year professional course at our Bendigo campus.
5. Nobel Peace Prize winner and speaker at the largest crowd ever for a University public lecture at La Trobe.
6. The namesake of a western AFL team and La Trobe’s mascot (and favourite watering hole).
7. The music played by Exo and BTS, and the focus of a popular La Trobe club.
8. Victorian city that hosts Groovin the Moo and home to Victoria’s largest regional campus.
9. Where you’ll often find Madam Pince and many of our hardworking students.
10. Doing your own washing, cooking healthy meals and going to all of your lectures.
12. Ernie’s favourite rubber toy and something frequently spotted on campus.
14. The way to the Chamber of Secrets and something found under La Trobe’s Melbourne Campus.
17. A public meeting place in Ancient Greece and a theatre and food court at the heart of La Trobe’s largest campus.
19. A bookish Roald Dahl character and an emotionally intelligent robot developed by the La Trobe Research Centre for Computers.

Double bonus
Want to win one of 20 cinema gift vouchers to the value of $40? Unscramble the blue letters to unlock the secret URL to our competition draw.

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Becoming a highly employable graduate isn’t something that happens overnight. You have to work at it and stay focused. As tempting as binging the new season of Game of Thrones might be, that assignment won’t write itself.

Your challenge, should you accept it, is to traverse the procrasti-MAZE and collect enough career-ready experiences to graduate (that’s 300 points). But stay vigilant, as the road to graduation is perilous and littered with distractions. The struggle is real.

Industry placement 100 points
LinkedIn Learning course 50 points
Joined a club or society 50 points
Career Ready Mentoring 50 points
Handed in assignment early 50 points
Attended a 9am lecture 50 points
Netflix binge -25 points
Too many cat videos -25 points
Missed a class -50 points
Questionable meal choices -25 points
Internet black hole -50 points
One too many late nights -50 points