

MCC BYTES

Edition 4

14 July 2014

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Group Fitness Sessions

Looking to get some cheap fitness lessons with your friends to keep you motivated during winter?

We are offering 5 weeks of group training with a qualified personal trainer to the first 18 students who sign up

5 Tuesday mornings, commencing 22nd July, 7am @ Sport & Rec facility on campus

One payment of \$15 covers the whole 5 sessions.

Must sign up now before the 22nd @ The Cashiers

Back to Session 2

Session 2 kicks off this week with a huge Back 2 School planned for Thursday night Featuring Jackie Onassis.

Following up in week 2 with Winter Wonderland a Fundraising event for the James McQuillan Future Fund.

Also don't forget to start getting your touch footy teams together for this sessions social sport comp!!





Winter Wonderland is the

Toga of second session. Live band, snow machine and all door and raffle proceeds going to the James McQuillan Future Fund. Going to be a great night for a great cause! It's on you if you miss it

Thursday 24 July 8pm @ The G \$5 entry

U@CSU

Don't miss U@CSU, a mini market day taking place in the Gums/G. A chance to find out about internal and external services for students and then sit down and relax with some live entertainment and a free BBQ.



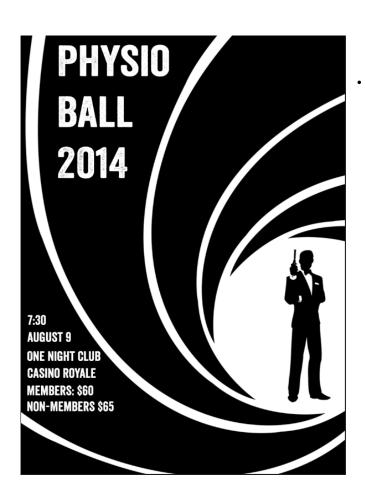
Financial Support for Students

Don't let money worries get you down...!

- Last year we ran the CSU Student Financial Wellbeing
- Survey which told us that almost all CSU students
- worry about money at least some of the time but
- more than half of you would hang back and wait for
- things to improve if confronted with a financial prob-
- lem... uh-oh! Of course, we're here to help when
- things get tough but there's no need to wait for that
- to happen either now is the time to get on top of
- your finances (before they get on top of you).

Students can make appointments for one-on-one support with

- * developing skills in budgeting and managing money
- * applications for interest free loans and emergency loans



Applications for 2015 O-Week Leader & Coordinators now open Apply online by 10th August Student.csu.edu.au/oweekleader

- * liaising and advocating with other parts of the university regarding student circumstances
- * referral to financial counselling and other services in the community

We have also put together a great collection of useful money-related information and resources which can be found at <u>http://student.csu.edu.au/support/financial-</u> <u>support</u> For example, did you know that you might be entitled to a health care card, even if you're not receiving income support from Centrelink?

Student Liaison Officers Rachel Ayton and Zibet Szacsvay are based in Albury-Wodonga and work across all campuses and distance education. Email us at <u>fi-</u> <u>nance.slo@csu.edu.au</u> or make an appointment through Student Central. Currently, Zibet is available on Mondays and Wednesdays and Rachel is available on Tuesdays, Thursdays and Fridays

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Touch Footy Comp

Are you keen to play Touch Footy?

The Touch Footy comp is on again and is fun & open to everyone. It's a great chance to meet new people, try a new sport and get active!

Who should Play?

You should. Get a team together (maximum of 10 people per team) or let us know that you'd like to play & we'll slot you into an existing team.

Cost is \$120 per team, pay at the Cashiers by Friday 18 July, leave your team sheet with the cashiers when you make your payment.

Comp starts Wednesday 23 July, 5.30pm & 6.30pm time slots at the Thurgoona Football Club oval (Table Top Rd).

More details & team sheets have been posted on the Albury-Wodonga Social Sports Facebook Page or pick up a team sheet on the table just outside our office in The Gums.

Rachel - Student Liaison Officer



MARHS Bush Bash Ball

Yep, saddle up because it is time for the MARHS annual Bush Bash Ball! Get ready for a night of boot scootin' madness!! Tickets will go on sale at the Finance Office in Week 1 of second semester.

There will be Happy Hour at the Kinross from 5.30pm to 7.30pm

Academic Support Workshops



Wednesday 23 July Commercial Club 7pm \$40 members \$45 non-members Tickets @ cashiers

Nursing Club Ball

Academic Support run workshops and information sessions on campus, online and we even come to you!

From Start to Submit: writing successful assessments.

A series of 5 workshops to develop and enhance academic writing skills.

STUDY LINK face-to-face weekend workshops Exam Preparation Workshops Referencing Workshops Academic Writing Speaking English Effectively Strategies for effective learning and memorising

To find out more including the dates and locations of workshops go to; http://student.csu.edu.au/study/workshops-and-events



