

# MCC BYTES

7TH EDITION, TERM 4 2017



Made for the students,  
by the students!

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mccalbury

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The G

Enjoy the final Bytes for the year and have a great break!

MURRAY CAMPUS COUNCIL PRESENT



OCTOBER 5TH, 2017

noon - night

BRATWURST | **\$5 STEINS BEER or CIDER** | PRETZELS

Quinn Brothers | Sambury | Joelskie

Get all the info on facebook - The G at CSU

# CSU WELL-FAIR DAY

Well-Fair Day was a wonderfully relaxed day with plenty of activities for all to get involved. Including the Djembe Drumming Workshop, Petting Zoo, and the Ultimate Obstacle Course.

**Fastest Time through the  
Ultimate Obstacle Course:** Kai Schaefer 11.2 seconds!

Congratulations to the Melbourne Study Group students for their efforts in the Bingo, run by the Chaplaincy team, winning 3 of the prizes, with Olivia Beard also winning a fruit and veg box.

**Winner of the Trivia:** Quiztina Aguilera

**Best Dressed Team:** Physios Go Wild





*Murray Campus Council*

# **2017 - STUDENT AWARDS**

*Recognising students who contribute to the cultural, sporting, clubs and social life at CSU Albury-Wodonga Campus*

## **Campus Awards**

**Prize: Certificate, MCC Coffee Mug, & Visa Card Voucher**

**Service to Students Award:** Jayden Bonk

**Club Person of the Year:** Jarrod Maxwell

**Sports Person of the Year:** William Channells-Bentley

**Prize: \$500 funding from the MCC to their club**

**Sports Club of the Year:** Mud Dogs Rugby League Club

**Club of the Year:** Health & Rehab Club

**Best New Club Initiative:** GAME Club

# Club Awards

**Prize: Certificate & Coffee Mug with their Club's logo**

**Education & Business Club:** Samantha Daley

**GAME Club:** Laura White

**GAP Club:** Sarah Street

**Health & Rehab Club:** Emily Maher & Laura Duncan

**Nursing Club:** Jessica Herrmann & Karen Malcolm

**OT Club:** Lauren Brill

**Physio Club:** Claire Smart

**Podiatry Club:** Brett Maccue

**Mud Dogs Rugby League Club:** Jarrod Maxwell & Jarrod Chapman

**Running Club:** Allan Marsh & Mairead Horsfall

**Speech Club:** Chelsea Quirk & Georgia Stone

**Uni Bible Study:** Philip Murdoch & Courtney Tuxford

# DE-STRESS

## THIS EXAM PERIOD

### 1. Listen to Classical Music

Music improves your mood and keeps you motivated. Classical music, especially, is thought to boost your brain power.

### 2. Take a Quick Walk

Don't over exert yourself, take breaks. Exercise is great for improving your mood, and something as simple as taking a walk improve both memory and brain power.

### 3. Plan your Study Routine

Your body will love you if you keep to a routine. Waking up will be easier and you will be more motivated and more productive.

### 4. Play with Bubble Wrap & Puppies

Puppies are a great stress reliever, unfortunately, we do not all have this godly gift and must settle for second best. Bubble rap is always enjoyable and definitely a relaxing activity when you begin to freak out too much.

### 5. Try to Get Enough Sleep

Do not underestimate the power of a good night's sleep. You will remember more if you sleep on it, rather than spending the entire night cramming it all in, and you are definitely not going to do so well in an exam if you rock up half dead.



## 6. Use Mobile Apps

There are soo many apps out there to help you study including apps to make mind maps, or test yourself with flashcards. Don't let them go to waste!

## 7. Give Your Mind Space

Meditate. Clear your mind and prepare it for knowledge absorption. You can't concentrate if you keep focusing on the outcome instead of the method.

## 8. Break Free From Distractions

Hide your games, lock away your phone, close the Facebook tab, whatever it is that will deter you from actually achieving your goals, temporarily get rid of it.

## 9. Let It All Out

You don't need to suffer alone. Simply talking to someone can help so much. Even going out in the middle of nowhere and shouting away your worries can significantly reduce stress. Just don't bottle it all up.

## 10. Eat Dark Chocolate

Yes, do it. Dark chocolate that is over 70% cocoa fights the stress hormone (cortisol) and has an overall relaxing effect on the body.



**How To:**

# **Surviving Swooping Season**



## **KEEP ALERT**

Pay attention and look out for an magpie nesting sites.

## **TRAVEL IN GROUPS**

Magpies generally target individuals, travelling in groups reduces your risk.

## **MAKE FRIENDS**

Feeding them raw mince, slithers of steak, or cat food will convince them you are a friend and won't attack you.

## **STAY CALM**

If you panic and flap your arms about, you will appear as aggressive, provoking further attack.

## **WALK YOUR BIKE**

If a magpie swoops while you are cycling, it will probably stop swooping if you get off and walk.





# Facebook



Murray Campus Council



The G at CSU



CSU Social Sports



CSU Albury-Wodonga Campus

## Join The Club!

- CSU Education and Business Club - Albury
- Green Adventure People
- CSU Health and Rehab Club
  - MARHS Club
- CSU Albury Nursing Club
  - CSU OT Club Albury
  - Physio Club
- CSU Podiatry Club Albury/Thurgoona
- CSU Running Club Albury
  - CSU Speech Club
  - Uni Bible Study
  - CSU Wedge-Tails
  - CSU Mud Dogs
  - CSU GAME Club

# Term 4 Calendar

<b>05-Sep-17</b> TUESDAY	6:00pm BUILDING 754/114-115	<i>Kinesio Taping Course</i>
<b>08-Sep-17</b> FRIDAY	6:30am	<i>Falls Creek Snow Trip</i>
<b>09-Sep-17</b> SATURDAY	7:00pm ALBION HOTEL	<i>Podiatry Club Ball</i>
<b>14-Sep-17</b> THURSDAY	11:30am SPORTS COMPLEX	<i>Well-Fair Day</i>
<b>14-Sep-17</b> THURSDAY	7:30pm THE G	<i>Trivia</i>
<b>19-Sep-17</b> TUESDAY	6:00pm THE G	<i>MCC Student Awards</i>
<b>20-Sep-17</b> WEDNESDAY	4:00pm SPORTS COMPLEX	<i>Fun Run on Campus</i> 3km, 5km, 10km
<b>21-Sep-17</b> THURSDAY	9:00pm THE G	<i>Australiana Party</i>
<b>23-Sep-17</b> SATURDAY	7:00pm KINROSS	<i>Mud Dogs Presentation &amp; Ball</i>
<b>04-Oct-17</b> WEDNESDAY	6:00pm SPORTS COMPLEX	<i>Dodgeball Grand Final &amp; Presentation</i>
<b>05-Oct-17</b> THURSDAY	12:00pm onwards THE G	<i>Oktoberfest</i>
<b>28-Oct-17</b> SATURDAY	7:00pm ALBURY ENTERTAINMENT CENTRE	<i>OT Ball</i>