

NOTRE DAME STUDENT
ASSOCIATION



FIRST YEAR GUIDE

NDSA.COM.AU

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**Follow
our
Insta**



A WORD FROM YOUR PRESIDENT

It is my utmost pleasure to welcome you into your first year of studies at Notre Dame! Three years ago when I was in your shoes I remember a healthy mixture of excitement and fear. I knew next to no one there and being the introvert I am, chatting up strangers was a daunting endeavour. What if I didn't like anyone in my classes? What if I figured out I hated what I studied? It can be overwhelming starting something new but I stuck with it, as I hope you all do, and it has been the best decision of my life. University is where you can blossom and truly figure out who you are and what matters to you. Uni is where I've made my truest of friends that compel me to be a better person, it's where I felt comfortable enough to come out as gay, it's where I have started to figure out what I truly value in life.

Notre Dame has bombarded me with opportunity after opportunity to further myself and my career. In this guide the NDSA hopes to ease you into Notre Dame life by providing resources as well as some tips and tricks to succeed here.

ERIC DE SOUSA
PRESIDENT





WEEK 1

WELCOME PARTY

**Food, drinks, friends,
your introduction to
NDSA events**

**6-10pm 23/2/24
Follow our
Instagram for tickets**



SUPPORT AND RESOURCES TO ACCESS

University is a lot to adjust to whether you are a mature age student or a student fresh out of high school. Notre Dame offers a wide variety of wellbeing, academic and financial support to students. For example, every student is entitled to 6 free counselling sessions per semester!

Furthermore, as newly commencing students you have more scholarships available to you than later in your degree, generally. Take advantage of this, I certainly wish I did!

Want to get the full list? Notre Dame has PRISMA INC.

created this super comprehensive "[Uni Success Guide](#)" that goes through all the support available to you as students. Really give it a good read, it will save you a ton.

Uni Success Guide



Here are some links to non-uni resources:

- [Fair Work Australia](#) – for information on your rights at work.
- [1800RESPECT](#) – support for people impacted by domestic, family, or sexual violence.
- [DMIRS](#) – for information on renting a home and tenancy rights.
- [Services Australia](#) – Information on welfare/government payments for those undertaking university studies.

WE'RE HERE TO HELP

↓ READ MORE ↓

The Notre Dame Student Association are YOUR representatives. We are here to help you and represent your concerns and interests. We can do this through a variety of different ways! The NDSA runs numerous giveaways, social events as well as academic and welfare support events throughout the year. One great example is our free food pantry located upstairs in Prindiville Hall. We regularly stock that with non-perishable ingredients that you can make a healthy meal with.

Need some extra academic support? Reach out to our Academic Chair (academic@ndsa.com.au) to schedule a meet up. They have a dedicated council that are willing to help you out or guide you to someone who can.

In a bit of financial struggle? Reach out to our Assist Director (assist@ndsa.com.au) who can help guide you to university or government support services.

Have you been accused of a breach of academic integrity or university guidelines? The NDSA can offer confidential support and guidance for any upcoming disciplinary committees. Reach out to us via our website or Instagram.

We want to make significant change here at Notre Dame but we need your input to do it! Concerned about an issue on campus or want something to change? Let us know so we can bring it up to the university! Check out our website for a full list of our roles and our contact emails.

THE UNI LIFE, TIPS AND TRICKS TO SUCCEED

THE UNI LIFE

Topic	Explanation	Tips to Succeed
FREEDOM!	For most of you this will be your first time where you're the adult and you can decide how to manage your time.	Plan in advance and do your assessments early. It sucks having to cancel on your friends or miss out on event because uni stuff catches up with you.
Friends	It's sometime hard to make new friends. But don't worry, everyone else is in the same boat as you!	Your tutorials are going to be one of the best ways to meet new friends. Come along to NDSA or club social events as well, it's always a fun time and the councils are always welcoming! Better yet, join a club and make life long friends.
Assessments	They can be hard and they will pile up.	Get help early! Reach out to your tutor, academic advisor, librarian or the NDSA early if you want extra help. Plan your assignments early, cramming doesn't always work! With new Government guidelines coming into place in 2024 there is extra support and monitoring if you are at risk of failing your course, make use of it!

THE UNI LIFE, TIPS AND TRICKS TO SUCCEED

THE UNI LIFE

Topic	Explanation	Tips to Succeed
Timetabling	Getting a bad timetable can ruin your semester.	Don't miss the timetabling window, you'll get the worst options. To up your chances for getting your preferred classes, choose the classes with the lower allocation percentage. It means less students are going for it and you're more likely to get in.
Practicum	In many ways you are stuck with what they give you but that doesn't mean it has to be a bad prac!	SPEAK UP EARLY! If you are struggling at your prac due to staff, workload etc. you need to tell the uni and your CF as early as possible. If you leave it too late the uni won't be able to do anything and you could fail as a result! Get assertive, it's your education that you're paying for. It's okay to ask for proper education.
Network and Build your Portfolio	With more and more graduates each year, jobs are getting more and more competitive. Use your time at uni to build your portfolio and professional network.	Joining a club is one of the best ways to do this. Alternatively the uni offers free access to LinkedIn courses for all students. Schedule a meeting with the careers team to get resume, interviewing or job search help.



2024 ND SA BALL

The biggest we've ever held. Follow our Insta for the latest updates and ticket release!

THE NDSA AND STUDENT CLUBS

The NDSA are your elected student representatives. We represent your interests through social events, welfare initiatives, academic support and more. We also represent your voice to the university. We sit on some of the highest university boards and are keenly passionate about representing your concerns and issues. Visit our [website](#) to learn more about our 2024 council.

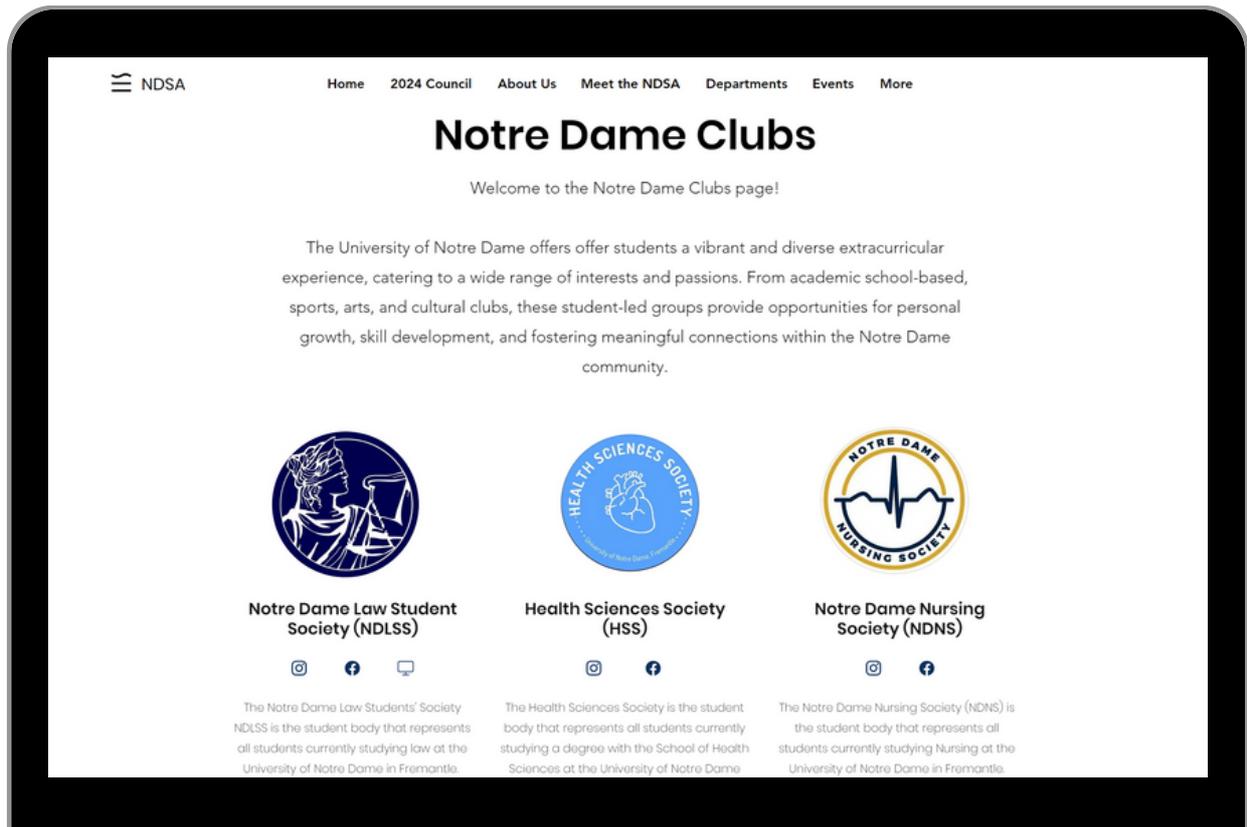
Some of the events and initiatives we have run are:

- Free food pantry (upstairs in Prindi)
- Sundowners, cocktail nights and a annual ball
- How to Adult Week

- Academic support nights
- Welfare week (therapy dogs, free food, wellbeing support and more!)
- Free food events
- Practical placement support gift-cards
- Free period products
- Quiz nights

Our Instagram and Facebook (@ndsafreo) is the premier way to keep up to date on our parties, initiatives and free events. Check out are Welfare Instagram (@ndsawelfare), Academic Instagram (@ndsacademic) and Sports Instagram (@ndsafreosport) as well. Want to get in contact with us? Send us a message on either our Instagram or website.





THE NDSA AND STUDENT CLUBS

Your Fremantle campus has a wide variety of both school based clubs, such as the Notre Dame Law Students Society as well as special interest clubs, such as STRIPES (LGBTQIA+ club) that hold numerous social and career focused events each year.

Part of that “uni life” is about engaging with these clubs and meeting like minded people. Club social events are often affordable, fun and a great way to make new friends. Follow your favourite clubs social media pages to stay up to date!

Want to make new friends and build your professional portfolio at the same time?

Consider joining a club! Many are always looking for new members to join their councils. Extracurricular activities always look great to employer and it may be the one thing that sets you apart from other candidates.

These clubs are run purely through the hard work and dedication of their volunteer members. Their work is often unrecognised and it’s important we support them where we can. Either through attending events or even through just following them! If you want to know more about student clubs and how to contact them you can check them out on our website at www.ndsa.com.au/clubs.

CHEAP EATS, PARKING AND THE FREO CAMPUS

Freo is beautiful and expensive. You have access to some of the best cafés, restaurants and bars in Perth here but it comes at a price! Especially for a struggling uni student. On the next page we have some tips on cheap food and parking options around Freo.

The Freo campus is located in the West section of Fremantle in between local residences, cafes, bars, restaurants and more.

It can be very tricky to navigate at first! Here are some key things to note:

- Building numbers are in order of when the university purchased them so it's impossible to reason where your building will be
- Save the campus map to your phone
- Room numbers are ordered in floor level (eg. Room 201 is the first room on the second floor of that building)
- Your class rooms can change! Check your unit announcements or emails for any changes
- Showing up 15 minutes or later can constitute a missed class
- Tutorials, labs and lectures should always finish 15 minutes before the official end so you can make your next class. If they're running overtime you can just leave, this isn't high school!



STUDY SPOTS



SOCIAL SPOTS

