ANU FAMILY CALENDAR
Dear Families,

Welcome to the ANU community! We are so pleased that your student has chosen ANU to continue their journey of academic and personal growth. Here they will meet students from across Australia and around the world where they'll explore our beautiful campus, experience some of our longstanding ANU traditions and help us create new ones.

I want to assure you that the University community is committed to providing students with a safe, fun and engaging environment where they will learn from the best academics, and make the best friends. With our clubs and societies, student support services and proximity to the city centre, students will have everything they need at hand.

Transition to university is an exciting time for the whole family, and your role in your student’s life will remain very important in the coming years. We know, and research has shown, that students will continue to rely on you to serve as their advisor and coach. This family calendar has been created as a valuable resource for you to support your student through their first year. Each month you can view important academic dates in addition to useful information about what might be going on around campus or in your student’s life.

We are pleased to assist you and your student and look forward to sharing this journey with you. Welcome to ANU!

Sarah Walker
Manager, Engagement and Success
First year student/family expectations

Saying goodbye: You may be experiencing a vast array of emotions on this exciting day. However, it is essential that you convey both support and encouragement for your student.

The first week: Many students face new freedoms and responsibilities during this time. Offer a listening ear but don’t take over their responsibilities for them. Allow your student to make choices but be there as a system of support.

The overwhelmed student: Many first year students experience anxiety when university seems difficult, confusing or overwhelming. How can you help? Remember that sometimes stress speaks louder than reality. Listen to your student’s concerns, ask questions to help them figure out a solution (but don’t solve things for them) and encourage them to persevere. In developing autonomy, students need to work out these predicaments on their own.

Discovering their niche: Even before classes begin many students will be searching for their place among new friends and new activities. Encourage your student to get involved in campus. Involvement is crucial to meeting new friends, settling in and developing life skills that aren’t learned in the classroom.

TIP: CENTRELINK AND THE ATO GET VERY BUSY AT THE START OF THE YEAR WITH NEW STUDENTS SUBMITTING APPLICATIONS FOR STUDY ALLOWANCE AND THEIR TAX FILE NUMBER (REQUIRED TO DEFER TUITION FEES). ENCOURAGE YOUR STUDENT TO SUBMIT THEIR APPLICATIONS AS SOON AS POSSIBLE TO ALLOW PLENTY OF TIME FOR THESE TO BE PROCESSED.
## Settling in

With the whirlwind of activities from O-Week over, your student will now be settling into their courses and study. Even though they may have found friends, many things are still new and there is a lot of adjustment going on. You can support your student by empowering them to seek answers to their questions; this will teach them to find campus services to help them now and in the future, and it will give them confidence in their own problem-solving skills.

For academic issues, a course lecturer should be the first contact, followed by the student administrative staff within their Academic College. They can also get advice and assistance to develop their academic skills through Academic Skills.

For transition help, if they’re in the Set4ANU mentoring program they can reach out to their mentor. And if they’re not, they can still attend a Set4ANU event or drop-in session to get some advice from a later year student.

For trouble with personal issues or mental health concerns they can contact the Counselling Centre.

For health concerns, they can attend the National Health Co-Op located on campus.

For adjustments to study due to a disability or disadvantage on learning, such as a medical condition or carers requirements, contact Access and Inclusion.

For student services, including how to make sure their tuition fees will be deferred, they can contact Student Central.

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**MARCH 2020**

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*Census date is the last day to drop a course. If a course is dropped after this date the fee will still be charged and the course will appear on the student’s transcript. This is also the day that any upfront payments need to be paid by. After census date all fees for domestic students will be deferred to HECS.*
Conversation Starters

Transition to university is not a quick process, and this new way of living and engaging will be something you work out together over the coming months. It’s important during this time to make sure your student knows you’re still there for them, especially if you’re not physically there. Keep the lines open to make it easier for them to reach out to you for support when they need it. Try using these tips to keep the conversations flowing:

- Ask open ended questions about classes and assignments that encourage a response rather than just ‘yes’ or ‘no’ answers.
- Recognise that your student’s ability to meet certain family obligations may be limited due to new responsibilities.
- Allow your student to explore their own interests and refrain from making decisions regarding major or course selections.
- Affirm that there is still plenty of time to recover from any mistakes or issues.
- Encourage your student to participate in co-curricular activities.
- Ask your student what experiences are challenging and what experiences are going well.
- Celebrate the good decisions and progress they have made since starting university.

TIP: ENCOURAGE YOUR STUDENT TO CHECK THEIR ANU EMAIL ADDRESS ON A REGULAR BASIS AS ALL OFFICIAL UNIVERSITY COMMUNICATION WILL BE SENT HERE. THIS WILL ENSURE THEY DON'T MISS OUT ON IMPORTANT INFORMATION OR EVENTS.

APRIL 2020

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GOOD FRIDAY PUBLIC HOLIDAY
EASTER SUNDAY PUBLIC HOLIDAY
EASTER MONDAY PUBLIC HOLIDAY

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END OF MID-SEMESTER EXAMS
ANZAC DAY

ANZAC DAY PUBLIC HOLIDAY

MID-SEMESTER EXAMS RUN OVER TWO WEEKS. ONE ON EITHER SIDE OF THE TEACHING BREAK. YOUR STUDENT MAY HAVE EXAMS DURING WEEK 1 (30 MAR - 3 APRIL), WEEK 2 (20 - 24 APRIL) OR OVER BOTH WEEKS.
Tips for Students – Exam Prep

Exams begin in June and your student may already be concerned with preparation on top of the stress of being away from home, managing relationships as well as their emotional and physical wellbeing.

Your student is likely to feel everyone else has adjusted well and figured it all out; this isn’t true and anxiety runs high during exams for many students, whether they’re in their first year or not. Here are some tips you can share with your student to help them feel more prepared:

Manage time. Set up a daily schedule to study and stick to it.

Make use of notecards.

Study with a group – this often helps memory and enhances the retention of the information for long term use.

Plan in down time to prevent burnout or illness.

Make use of the available services with Academic Skills (bit.ly/anu-academic) as well as support provided by their College and lecturers and resources to combat exam anxiety (bit.ly/anu-exam).

TIP: WITH JUNE BEING SUCH A STRESSFUL MONTH, NOW WOULD BE A GREAT TIME TO DROP AN ENCOURAGING NOTE IN THE MAIL TO YOUR STUDENT.
Tips for students - Ways to get involved on campus

There are so many opportunities for students to get involved and find their own community on campus, here are a few that you could recommend your student consider:

ANU+ - a program that formally recognises a student’s experience and contribution through volunteering. Students give back to the community, develop skills related to their employability prospects and reflect on their experiences to gain a deeper understanding of themselves and the world around them.

Faces of ANU - a Facebook page that acts as a space for members of the ANU community to connect and engage with each other in an authentic, inclusive, celebratory and respectful space. The group is always looking for volunteers to assist with sharing the stories of our community.

ANUSA - made up of 40 elected student representatives and a team of professional staff ANUSA is responsible for advocating and furthering the interests of their members to the University. If your student isn’t ready to lead they can still attend meetings and social events.

Learning Communities - student-led activities bringing together people of diverse backgrounds to connect and create a sense of community, spark curiosity, challenge perceptions and learn from rich and diverse experiences while sharing common interests.

Student Leadership through campus clubs and committees - there are 130 clubs at ANU covering a range of interests. There is literally something for everyone to get involved with.
JULY 2020

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Semester 2 Begins

Congratulations to your student for completing the first semester! When your student returns to campus for Semester 2 there will be new opportunities and challenges waiting. Students are excited about reconnecting with friends and campus activities although potentially sad about leaving behind family and old friends, again.

The new semester also brings new courses and convenors. Encourage your student to make the most of the new semester by:

Connecting with staff on campus.

Participating in co-curricular activities offered through Engagement and Success, ANUSA and Clubs and Societies.

Discussing career plans with a Careers Consultant (bit.ly/anu-careers).

Using Academic Skills (bit.ly/anu-academic) for academic support from study skills development to peer writing support.

Visiting National Health Co-op (bit.ly/anu-medical) if they feel sick or experience a loss of appetite or inability to sleep.

Making an appointment with a counsellor from Counselling (bit.ly/anu-counselling) if they feel stressed, depressed or homesick.
Tips for students – connecting with the community

ANU is a culturally diverse and inclusive community and works hard to ensure this is felt by everyone who steps on campus. In addition to that, Canberra itself is an incredibly diverse and welcoming community.

Encourage your student to get involved in activities both on and off campus. To help, here are some annual upcoming Canberra events:

Lifeline Bookfair (4 - 6 Sept) - bookfair, perfect opportunity to stock up on second-hand books for semester downtime

Floriade (17 Sept - 16 Oct) - flower show, great for a sunny spring afternoon, or for taking selfies to share with family and friends back home

Fashfest (29 Sept - 1 Oct) - fashion show, highlighting the work of local designers and arts alike

Beyond Festival (30 Sept - 3 Oct) - social justice-focused music, arts and action festival, celebrating diversity and making a difference

AUGUST 2020

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Tips for students - Managing stress

How can you help support your student when they’re feeling the stress and pressure of this new life?

Start by listening to your student and try to understand their viewpoint.

Encourage them to seek advice or help from the Counselling Centre if they’re feeling too overwhelmed so they can work together to develop a plan of action.

You can encourage your student to get involved in wellbeing activities run on campus. These includes activities such as work on a community garden, practicing mindfulness, cooking classes or physical releases like yoga.

If they’re living in a residential hall they can always stop a Senior Resident for a chat to talk through their concerns and get advice from another student on some of the great resources available on campus they can utilise.

There are some valuable resources available at: bit.ly/anu-wellbeing
Preparing for Year 2

It may seem too early to think about this but students need to be preparing for a few different aspects of their second year.

They’ll also need to be considering their study options and development opportunities for the next year:

- Your student is able to have an advising session with their academic College in order to do some degree planning to ensure they’re on the right track to meet their goals.
- Encourage involvement in new opportunities for growth, such as participating in an exchange program. There are over 170 universities in over 35 countries for students to choose from. Encourage them to start thinking earlier about where they might want to go: bit.ly/anu-exchange
- Discuss academic and career goals with your student.
- Ask questions about your student’s courses for the semester and whether they enjoy their current program. If they want to change their degree they’ll need to apply by 31 Oct to transfer for the start of Semester 1.

If they’re planning to get their own place, they may need to know how to cook and clean, manage bills and negotiate compromises with their roommates. You can support them by talking to them about:

- How to develop a budget that shows how much rent, food, transportation and utilities will add to their other expenses and responsibilities.
- The importance of roommate selection with consideration to study habits and social life.
- Resources that are available from Residential Life (bit.ly/anu-aa) and ANUSA (bit.ly/anusahousingtips)

**OCTOBER 2020**

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**Labour Day Public Holiday**

THERE ARE FIVE DIFFERENT LIBRARIES ON CAMPUS, SOME OF WHICH ARE OPEN 24-HOURS A DAY FOR STUDENTS. MULTIPLE FLOORS IN CHIFLEY AND HANCOCK LIBRARIES ARE OPEN 24/7 THROUGHOUT THE YEAR TO ALLOW STUDENTS QUIET SPACES TO STUDY.
TIP: ANU SCHOOL OF ART, GLASS WORKSHOP HOLDS AN ANNUAL GLASS SALE AT THE END OF NOVEMBER. IT’S A GREAT CHANCE TO SEE SOME OF THE WORK BEING DONE BY STAFF, STUDENTS AND THE COMMUNITY.

Returning home

Many students returning home for the summer and their families discover new challenges. Your student has been responsible for setting their own schedule, deciding how late to stay out, who to hang out with, when to eat, etc. You may all find it stressful to determine how they will best fit back into home life and relate to you on a daily basis.

Keep in mind your student’s newfound freedoms are a good thing! The goal all along has been to raise a responsible adult, you’ve done it!

Instead of asking them to return to their previous life, consider shifting new family or household responsibilities, along with freedoms, to them for the summer. Talk about these ahead of time to avoid possible conflicts.

Enjoy your maturing student and having them home for the summer!
### Summer success tips

Congratulations to your student for completing their first academic year at university! Now it’s time to enjoy the summer, relax and get rejuvenated for the upcoming year.

Consider volunteer opportunities with an organisation that your student finds of interest. If they’re registered with ANU+ their hours could count towards completion of the program.

Support experiences that will help your student gain skills, network and learn about a field.

Remember that summer courses are always an option for students who are not taking a full course load during the semester.

Encourage your student to make time to reconnect with friends and family from home.

And don’t forget to encourage your student to take some time to relax.

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Academic Skills is here to help students develop the skills and strategies to succeed in their study, whatever their discipline or level. They can help students through the Writing Centre, online resources, workshops and more.

Access and Inclusion is an educative hub on practices inclusive of disability and equity within the ANU community. The team assist students who have a disability, medical condition or who are recognised primary carers of a person with a disability as well as elite athletes status to participate fully in their program of study by providing advice, adjustment recommendations and support.

Medical Services are provided under an agreement between ANU and the National Health Co-op (NHC) all students enrolled at the ANU have access to NHC membership at no cost. ANU students also benefit from having access to the NHC’s extended operating hours, with some clinics open after hours and on weekends, as well as a range of health and wellness services. The NHC operates nine medical clinics in the ACT. These clinics are located in Canberra’s suburbs making it easy and convenient for many non-residential students to access quality health care closer to their home. Most services provided by the NHC to its members are offered under bulk billing arrangements meaning there will be no out-of-pocket expenses for students. Services that attract fees are provided on a cost-recovery basis.

Griffin Hall offers students living off campus the opportunity to engage in a dynamic and connected university experience. Students can participate in the inter-hall network, comprising of a variety of sports, arts and social events with and against the residential halls and colleges. Internally, Griffin Hall coordinates a huge range of activities, including social and community events. There are teams of later-year students to provide academic and career support, as well as peer support and much more. Members also have access to a Common Room in the centre of campus, to relax, study or enjoy lunch in between classes.

ANU OK has been developed by staff and students and brings all essential services together in one place. It provides quick and easy access to security and essential services in case of an emergency. The app will allow you to track and use the on campus night bus, with no need to call security and book the service. ANU OK can also help with finding your way around campus, information about parking, bus routes and access to a range of support services. ANU OK is available for free download on Android and iOS devices.

The On-campus Night Bus provides transport between libraries, car parks and lecture theatres on campus, from 6.30pm to 12am from Monday to Wednesday and Saturday, and from 6.30pm to 1am on Thursday and Friday. Please note there is no service on Sunday. ANU Security provides free, safe travel across campus for students and staff, Monday to Saturday evenings during semester.

Student Central is the first point of contact for current students. They can help with enquiries relating to student administration, support and pointing students in the right direction for academic advice. Student Central can help with: general enquiries; how to enrol; fee questions; timetabling; student cards; transcripts; and ISIS help.

The Campus Traveller is a free shuttle bus on Acton campus is a complimentary shuttle bus service that provides transport to ANU staff and students on campus and two different destinations off campus - Lindsay Pryor car park and National Library of Australia.

The Tjabal Indigenous Higher Education Centre is described as 'the heart of ANU for Indigenous students', providing a meeting place and support base for Aboriginal and Torres Strait Islander students studying at ANU.

Engagement and Success provide a range of programs and services to enable students to learn and grow intellectually, socially and professionally during their time at ANU. This includes facilitating O-Week, running ANU+. Learning Communities, First-Year Experience and Set4ANU Mentoring.

ANU Careers is here to help students maximise their potential and make a successful transition from education to work. They provide a wide range of career and employment services to assist with career planning and decision making, job search, accessing employers and employment opportunities, building employability skills and successfully navigating application, interview and selection processes. Students can drop in for a consultation with the careers team or register with CareerHub to book in for a consultation with a Careers Consultant. CareerHub gives you access to numerous job listings — including casual and part time work and on-campus employment opportunities. You can also use CareerHub to book in for careers workshops and to keep track of on-campus employer visits and careers fairs.
SET4ANU is a free orientation program designed to assist new students make the transition to life at ANU. Students who sign up for the program are assigned a later year student volunteer who will help ease new students into their first few weeks of life at ANU.

ANU+ is a program that formally recognises student's experience and contribution achieved through volunteering. It encourages students to give back to the community, to develop skills related to their employability prospects and to reflect on their co-curricular experiences to gain a deeper understanding of themselves and the world around them.

Learning Communities are student-led organisations dedicated to bringing people together in areas of common interest. Students can sign up for the Learning Communities newsletter to be kept up-to-date on the latest news and events or check out the ANU Learning Communities Facebook page for more information.

Respectful Relationships Unit is a significant part of ANU’s ongoing work in seeking to prevent sexual assault and sexual harassment before it occurs and to respond appropriately in instances where it does happen. The Unit has several key responsibilities, including: running education and training programs for the ANU community; supporting survivors of sexual assault and sexual harassment; collecting and reporting unidentified data about instances of sexual violence in the ANU community; developing policies around sexual assault, sexual harassment and gender equity; and the Respectful Relationships Student Ambassador program, where selected students design and lead several initiatives designed to support respectful relationships and raise awareness of support available.

New students can sign up to attend training sessions, think about joining the Respectful Relationships Student Ambassador program, or make a time to meet with a Respectful Relationships Unit staff member to discuss any concerns they might have.

ANU LGBTIQ+ Ally Network is a network of staff and students across ANU who promote understanding and awareness of issues in the lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ+) community, as well as being a network of support for people who identify as LGBTIQ+. To join the Ally Network, you have to complete a specific training session. Free ally training for ANU students is offered several times throughout the year.

ANU Students’ Association is the peak representative body for all undergraduate students at ANU. Undergraduate students at ANU are automatically a member of ANUSA. ANUSA is made up of nearly forty elected student representatives plus a team of professional staff members. They are responsible for advocating and furthering the interests of undergraduate and ANU College students to the University.

ANUSA has two Student Assistance Officers who are able to provide advice, support and assistance to a range of issues including issues surrounding: accommodation; financial hardship (grants); Centrelink; academic appeals and misconduct; external referrals; and tax returns. The Student Assistance Officers are full-time staff members, not students. The service is free and confidential.

Students may have legal questions about tenancy, employment, debt, car accidents, contracts and other legal issues. For free legal advice the ANUSA/PARSA lawyers are able to help.

ANUSA has seven autonomous departments representing marginalised groups of our community. They are: ANU Disabilities Student Association; Ethnocultural Department; Environment Collective; International Department; Queer* Collective; Women's Department; and Indigenous Department.

ANUSA also has Student Representatives in each College to ensure that each student is able to voice their concerns regarding their courses.

We'd love to get your feedback on this calendar so we can continue to develop it to ensure it meets the needs of our community. Please send any feedback to student.experience@anu.edu.au