

UNSW
Medicine & Health

**OPTOMETRY &
VISION SCIENCE
WELCOME**



UNSW
SYDNEY

Welcome to Commencing Students 2025

Associate Professor Sieu Khuu

**Student Integrity Advisor
School of Optometry and Vision Science**

Website: <https://www.optometry.unsw.edu.au/>

Facebook SOVS: <https://www.facebook.com/UNSWOptom/>

Facebook Clinic: <https://www.facebook.com/UNSWoptometryclinic>

Twitter: @unswoptomvsci

UNSW
Medicine



UNSW
SYDNEY

Welcome to UNSW Sydney!

Term 1 Orientation



UNSW
SYDNEY



Welcome to Commencing Students

- Introduction to School
- First year course coordinators
- Introduction to School staff
- Useful information and advice
- Student Society/Peer Mentor Program
- Tours
- BBQ at the Physics Lawn

[Website: https://www.optometry.unsw.edu.au/](https://www.optometry.unsw.edu.au/)

School of Optometry & Vision Science

- Largest in Australasia
- Features
 - Undergraduate education
 - Bachelor of Vision Science
 - Accredited programme
 - Bachelor of Vision Science/Master of Clinical Optometry
 - Postgraduate education
 - Orientation and Mobility – Grad Dip
 - Vision impairment – Grad Cert
 - Higher Degree Research
 - Short Courses
 - UNSW Optometry Clinic
 - Optics and Radiometry Lab (ORLAB)
 - Centre For Eye Health (CFEH)
 - Brien Holden Vision Institute (BHVI)



“Advancing vision and eye health in society through world-class, innovative, multi-disciplinary education and research”

Research Excellence

Merits/Awards for Research 2024

- **Benchmarking:**
 - **UNSW School of Optometry and Vision Science ranked as the second top School globally for Optometry**
 - UNSW School of Optometry and Vision Science recognised as the top institution globally for contact lens research
 - Scientia Professor Fiona Stapleton and Professor Mark Willcox ranked as #2, #7 respectively globally in contact lens research and many other School academics ranked in the top 50 world rankings (2023 ratings)
 - Several of our researchers are in the Stanford/Elsevier's Top 2% Scientist Rankings, Prof Mark Willcox, Prof Konrad Pesudovs, Prof Fiona Stapleton, Prof Eric Papas, Prof Helen Swarbrick, as well as Prof Padmaja Sankaridurg and Prof Michael Kalloniatis. Our visiting academics, Prof Penny Asbell, Prof Lyndon Jones, Prof Philip Morgan, Prof Kovin Naidoo, and Prof Serge Resnikoff also feature in this list.
 - Professor Mark Willcox who has been ranked as one of the top microbiology scientists during 2024. Mark has been ranked as number #47 nationally and #1520 worldwide.
- **Publications:**
 - 243 peer reviewed papers from members of SOVS in 2024
 - During 2024 Professor Mark Willcox had his 600th paper listed on Scopus
- **Grants:**
 - \$1.76M in research grants for 2024
- **UNSW Awards:**
 - Scientia A/Prof Nicole Carnt received an ArC Postgraduate Supervisor Award
 - SOVS Equity, Diversity & Inclusion Committee Awarded the 2024 Diversity Award from the Faculty of Medicine & Health
- **National Awards:**
 - Emeritus Professor Eric Papas was honoured with the H. Barry Collin Medal for Research from Optometry Australia for his exceptional achievements and significant contributions in cornea and contact lens research
 - Senior Lecturer Lily Ho and PhD student Judy Nam received Optometry Australia LOOK International Scholarships
- **International Awards:**
 - Scientia Professor Fiona Stapleton was honoured with the prestigious Ruben Medal from the International Society for Contact Lens Research for her outstanding contributions to contact lens-related research
 - Dr Daisy Shu received the American Society for Investigative Pathology Young Investigator Leadership Award and the Dani and Erik Zander Junio Faculty Scholar Award
 - PhD candidates Rehana Khan Tajuddin Mohamed Akthar Khan and Samrat Sarkar received prestigious and highly competitive American Academy of Optometry Ezell Fellowships.
 - PhD candidate Tanzina Akter received the Joe and Janet Barr Early Career Cornea and Contact Lens Research Award from the American Academy of Optometry

Engagement

- Alumni CPD Evenings & Workshops
- Alumni Newsletter (found on our website)
- Social Media – Facebook/Twitter
- Outreach Activities
- Engagement with the Profession

Follow us on our Social Media Platforms

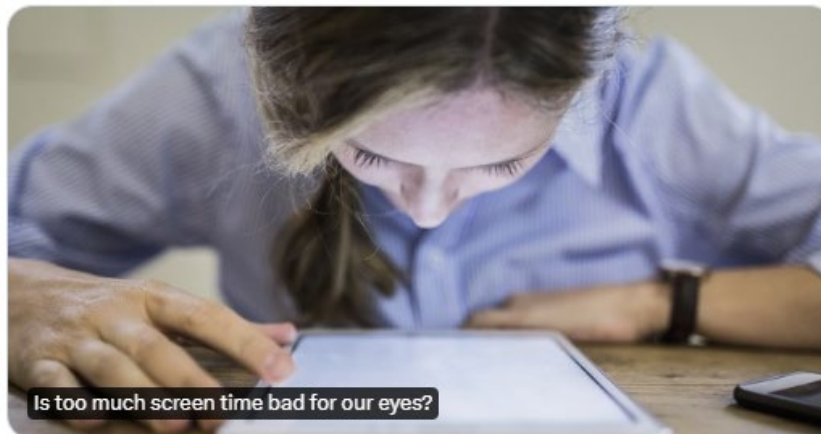
<https://www.facebook.com/UNSWOptom/>

Twitter: @unswoptomvsci



UNSW School of Optometry and Vision Science @UNSWoptomv · Jan 15 · ...

As our daily lives become increasingly entwined with screens, our vision could suffer – particularly children's.



Is too much screen time bad for our eyes?

From newsroom.unsw.edu.au



UNSW Optometry and Vision Science

Published by Nicola Rogers-Kapo



· 5 February at 12:03 · 🌐

Welcome to the new OptomSoc Executive for 2025. We look forward to working with you.



Programmes

Bachelor of Vision Science

Year 1: Enabling Sciences, Introduction to Vision Science and Optometry

Year 2: Foundation knowledge in Optometric disciplines: Optics, Anatomy and Physiology, Diseases, Dispensing, Vision Science, introduction to clinical skills.

Year 3: Advance disciplinary knowledge in Optometry, diseases and Vision Science

Master of Clinical Optometry

Year 4: Advanced disciplinary knowledge in Optometry and clinical practice.

Year 5: Research Project, Clinical Practice and Ocular Therapeutics.

EXIT

- Optometric Practice
- Employment in the Optometric industry
- Public health
- Coursework programs

Honours

Year 4: Research Project, Seminars in Vision Science.

VISN4016

EXIT

- Ophthalmic technology
- Employment in the ophthalmic industries
- Eye and vision research

Higher Degree Research

Master of Science
Doctor of Philosophy

Alternative Entry – Transfer from the UNSW Bachelor of Vision Science program

To be considered for entry into the MClinoptom, students must maintain at least an overall CREDIT average (65.00% WAM) in the BVisSci. BVisSci graduate students may wish to apply for the honours program.

Police Check, Working with Children Check, training and vaccination requirements

Students entering the Master of Clinical Optometry are required to submit a Police Check, Working with Children Check, confidentiality agreements and vaccination records. They are also required to complete a first-aid course and mental health first aid course. Students progressing to the Master of Clinical Optometry will be provided with further information in the Year 3 of Bachelor of Vision Science studies. If you have any questions, please see: [Policies | Medicine & Health - UNSW Sydney](#) or contact the Clinical Placements Coordinator, Ms Michelle Bonanno.

Work Integrated Learning

Work Integrated Learning (WIL) Opportunities.

- Bachelor of Vision Science students in their 2nd and 3rd years of studies may wish to apply for WIL opportunities to gain work experience in the vision science and ophthalmic industry.
- Students will need to apply to the school and undergo a selection process which may include an interview.
- Opportunities exist for work experience with commercial enterprises (e.g., ophthalmic-related technologies and pharmaceuticals) and non-profit organisations that provide support for those with visual impairment.

Contact Information:

- Senior Lecturer Dr Vinod Maseedupally: vinodm@unsw.edu.au (School Vision Science WIL coordinator)

WORK INTEGRATED LEARNING



AT UNSW





Aboriginal and Torres Strait Islander Health Education

'Cultural Safety is everyone's business'



Our team:

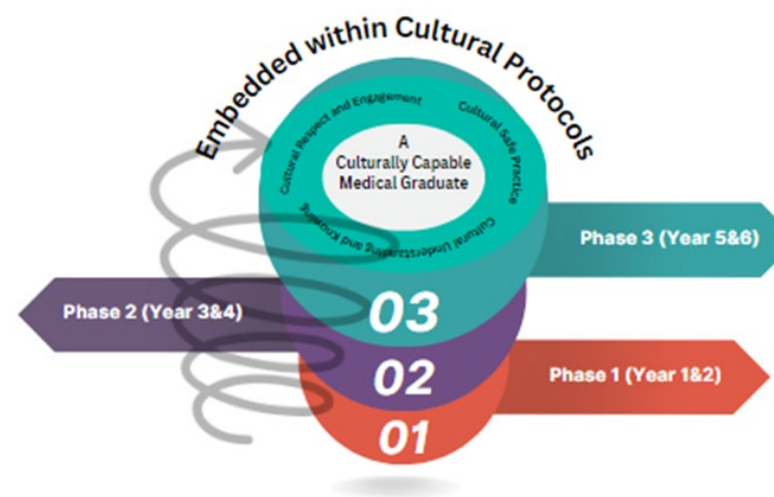
- Lecturer – Sophie Pitt (Erub (Darnley) Torres Strait Islands)
- Lecturer – Georgia Stewart (Ngiyampaa)
- Indigenous Student Support Officer – Frances Pestana
- Director of Indigenous Health Education Strategy - A/Prof Melody Muscat

Culturally safe practices include actions that recognise and respect the cultural identities of others and safely meet their needs, expectations and rights.

Integrated Curriculum embedded across the Medical program.

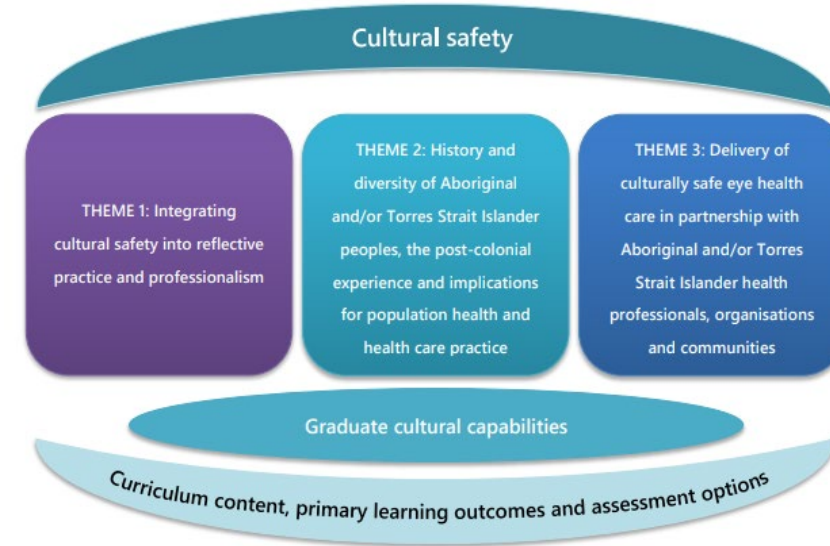
Key learning area:

- Historical context
- Aboriginal and Torres Strait Islander culture, beliefs and practice
- Racism in Health Care
- Health data
- Cultural safety in practice
- Health promotion and advocacy
- Professional and ethical issues in Aboriginal and Torres Strait Islander Health.



Aboriginal and Torres Strait Islander Cultural Competence working group

- Working group formed in 2019
- Current members – A/Prof Melody Muscat, Ms Georgia Stewart, Prof Lisa Keay, Dr Pauline Kang, Dr Vanessa Honson, Dr Kathleen Watt and Ms Donna LaHood
- OCANZ (National Regulatory body) Cultural Safety Framework themes embedded from stage 1 in undergraduate and post-graduate programs
- Staff training sessions at annual school retreat and On-Country experience
- Continued support of regulatory and eye care bodies programs including OCANZ, Vision 2020, Leaders in Indigenous Optometry Education Network (LIOEN)
- Enabling and supporting clinical placement opportunities in rural and remote Australia



FIRST YEAR COURSES



UNSW
SYDNEY

School of Mathematics and Statistics

Dr Bill Ellis



MATH1031 Mathematics for Life Sciences or

(Course convenor: Dr Joshua Capel)

MATH1131 Mathematics 1A or

(Course convenor: Dr Kevin Limanta)

MATH1141 Higher Mathematics 1A

(Course convenor: Dr Nathan Jackson)

[\(Recommended enrolment in Term 1\)](#)

Dr Bill Ellis

(Acting) Director of First-Year Mathematics and Statistics

Anita B. Lawrence Centre

Email: ug.MathsStats@unsw.edu.au

<http://www.maths.unsw.edu.au>

1. See: <http://moodle.telt.unsw.edu.au/my/>
2. Lectures start week 1
3. Tutorials start in week 1 and run to week 10

School of Physics

Dr Kate Jackson



PHYS1111 Fundamentals of Physics or PHYS1121 Physics 1A or PHYS1131 Higher Physics 1A

- Lab classes start in week 2 for PHYS1111, PHYS1121 and PHYS1131, you need a lab manual and covered shoes. Lectures and problem-solving workshops (OTH) start in week 1.
- All labs and problem-solving workshops (tutorials) are face-to-face; for PHYS1111, PHYS1121 and PHYS1131, you can choose between face-to-face and online asynchronous lectures.
- First Year Lab is situated in Rooms 112-115 in Old Main Building.
- All the information about these courses are on the course Moodle sites.

Contact Information:

- **Kate Jackson:** kate.jackson1@unsw.edu.au

School of Chemistry

Dr Laura McKemmish



CHEM1011 Chemistry 1A: Atoms, Molecules and Energy

([Recommended enrolment in Term 2](#))

Dalton Building 123

l.mckemmish@unsw.edu.au

1. See information on 'Moodle' for the course outline, schedule and FAQs
2. Buy CHEM1011/CHEM1031/CHEM1051 combined Lab Manual from UNSW Bookshop or download and print them from Moodle
3. Lectures, Other Components, Labs and Tutorials start Week 1. Do the Safety & Ethics pre-lab before your first lab
4. There is a Chemistry diagnostic test as well as a learning module that covers all the core aspects of assumed knowledge for our mainstream CHEM1A (and similar) courses. I would encourage you to explore these resources as a means to identify if you may need to take CHEM1001 Introductory Chemistry in T1, and the areas of assumed knowledge you need to brush up on before commencing your studies with us.

How to access the diagnostic test and resources

- Click on the link to navigate to the course
<https://moodle.telt.unsw.edu.au/enrol/index.php?id=73166>
- If you are not logged onto Moodle you will need to enter your zID and Zpass.
- To access the course, you will need to self-enrol
 - Use the Student Key: Science1stYearDiagnostics

School of Chemistry

A/Prof Graham Ball



CHEM1829 Biological Chemistry for Optometry

([Term 3](#))

Chemical Sciences (F10) Room 1008

g.ball@unsw.edu.au

1. Buy CHEM1829 Lab Manual from UNSW Bookshop.
2. See information on 'Moodle' for course information
3. Lectures, Other Components, Labs and Tutorials start Week 2. Do the Safety & Ethics pre-lab before your first lab



School of Biotechnology and Biomolecular Science

Dr Hassan Choucair



Dr Teagan Mock



Dr Rebecca LeBard



BABS1201 Molecules, Cells and Genes
([Recommended enrolment in Term 1](#))

Contact Information:

Dr Hassan Choucair h.choucair@unsw.edu.au

Dr Teagan Mock t.gale@unsw.edu.au

Dr Rebecca LeBard r.lebard@unsw.edu.au

“Welcome to UNSW and congratulations on what you have achieved to be here in Optometry and Vision Science. Molecules, cells and genes is a fascinating course that examines many aspects of life at a microscopic level. I hope you find the experience rewarding and the information interesting. I look forward to meeting you in your lectures and practicals and wish you an exciting first session at university this year.”



School of Optometry & Vision Science

Academic Staff

Dr Vanessa Honson



Lecturer

- Seeing the World Perspectives from Vision Science
- The Clinical Environment

Room 1.064 Phone: 9065 9936

v.honson@unsw.edu.au

School of Optometry & Vision Science

Academic Staff

Prof Juno Kim



Lecturer

- Seeing the World Perspectives from Vision Science
- Ocular Imaging and Applied Vision Science

Room 3.006

x57474

juno.kim@unsw.edu.au

School of Optometry & Vision Science

Academic Staff

A/Prof Maitreyee Roy



Lecturer and Director ORLAB

- Geometrical and Physical Optics
- Visual Optics
- Ocular Imaging and Applied Vision Science

Room 3.032

Ph:9065 1496

Maitreyee.roy@unsw.edu.au

Year 2 Courses

Dr Vanessa Honson



Clinical Environment

Dr Lisa Nivison-Smith



Ocular Anatomy and Physiology

Dr Nayuta Yoshioka



Dispensing

Mr Grant Hannaford



Dispensing

A/Prof Sieu Khuu



Vision Science

Year 3 Courses

A/Prof Nicole Carnt



Ocular Diseases

A/Prof Michele Madigan



Ocular Diseases

Dr Revathy Mani



Vision Science and Binocular Vision

Prof Juno Kim



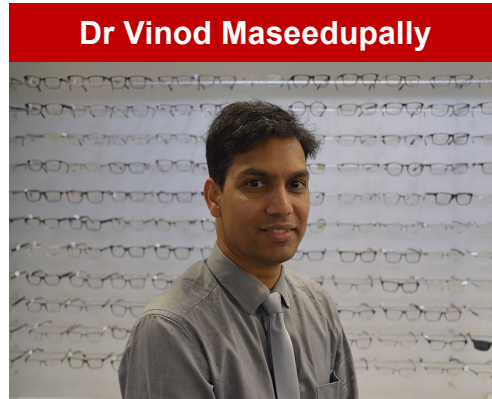
Vision Science

Dr Jerome Ozkan



Clinical Environment

Year 1 MCOptom Courses



Dr Vinod Maseedupally

Contact Lenses



Prof Isabelle Jalbert

Ocular Therapeutics



Dr Angelica Ly

Ocular Therapeutics



Ms Rebecca Dang

Optometry



Ms Lisa Feng

Optometry



Dr Kathleen Watt

Optometry



Dr Pauline Kang

Optometry



Ms Donna LaHood

Professional Optometry



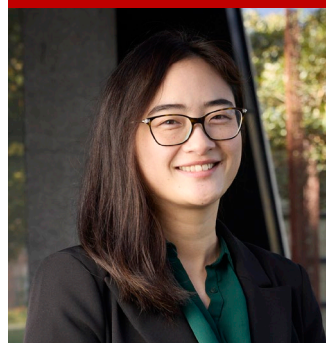
Year 2 MCOptom Courses

**Scientia Prof
Fiona Stapleton**



**Ocular
Therapeutics**

Dr Daisy Shu



**Ocular
Therapeutics**

Dr Sharon Oberstein



Optometry

Ms Amanda Lea



Optometry

Dr Kathleen Watt



Optometry

Ms Lily Ho



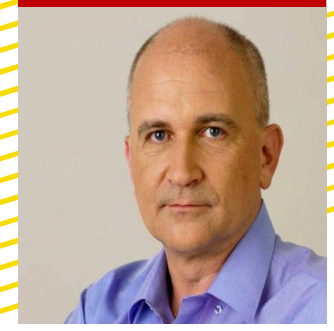
Optometry

Dr Vinod Masedupally



Optometry

Prof Mark Willcox



**Final Year Research
Project**

UNSW Optometry Clinic

Full Scope Optometry Clinic

- Available to the public, students, staff
- Students are an integral part of delivering excellence in clinical training

Clinics on site

- Primary Care
- Contact Lenses
- Children's Vision
- Colour Vision
- Low Vision
- Myopia Clinic
- Ocular Pathology
- Red Eye
- Dry Eye Clinic
- Advanced Contact Lenses Clinic



- Provides **clinical experience** for Stage 4 and 5 students
- Over **8000** student **consultations** in 2024
- On site clinics and outreach clinical placements:
 - Stewart House, POW Diabetes Clinic, Guide Dogs, School Screening and POW Eye Clinic
 - Centre for Eye Health, Hobart Hospital
 - Rural preceptorships and international preceptorships
 - Private practice placements
 - Ophthalmology and dermatology clinic and surgical placements



A promotional graphic for eye exams. It features a woman in a black hat and jacket holding two red heart-shaped sunglasses. The background is dark with a large white circle framing the woman. In the top left corner, there is a yellow box with the UNSW Sydney logo and the text 'Australia's Global University'. In the bottom left corner, there is a yellow circle with the text 'LOCATED ON UNSW KENSINGTON CAMPUS'. In the bottom right corner, there is a red circle with the text '20% OFF ALL PURCHASES'. In the center, there is a large white circle with the text 'FREE COMPREHENSIVE EYE EXAMS'. At the bottom, the text 'Everyone welcome' is written in a simple font.

UNSW
SYDNEY | Australia's Global University

FREE
COMPREHENSIVE
EYE EXAMS

20%
OFF ALL
PURCHASES

LOCATED
ON UNSW
KENSINGTON
CAMPUS

Everyone welcome

UNSW Optometry Clinic



Scientia Professor Fiona Stapleton
Clinical Teaching Director



Dr Sharon Oberstein
Senior Lecturer



Anthony Chapman-Davies
A/Professor



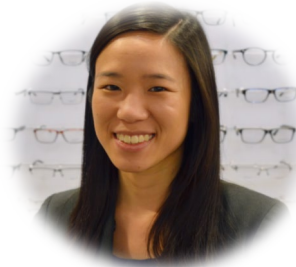
Lily Ho
Senior Lecturer



Nikki Delaveris
Lecturer



Dr Vanessa Honson
Lecturer



Katherine Wong
Lecturer



Rebecca Dang
Lecturer

UNSW Optometry Clinic



Amanda Lea
Lecturer



Lisa Feng
Lecturer



A/Prof David Pye
Lecturer



Regina Chapman-Davies
Lecturer



Eihab Eltantawy
Lecturer



Nathan Ho
Lecturer



Elizabeth Wong
Lecturer



Elena Larocca
Lecturer



Amir Hali
Lecturer

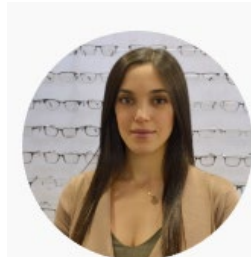
UNSW Optometry Clinic



Katariina Pakarinen
Practice Manager



Debbie Huber
Optical Dispenser



Alyssa Collet
Clinic Receptionist
& Optical Dispenser



Melanie Hull
Clinic Receptionist
& Optical Dispenser



Jenny Huamani Davila
Clinic Receptionist &
Optical Dispenser

UNSW Optometry Clinic

We are excited to welcome you to experience the UNSW Optometry Clinic

Book an eye examination with us in Term 1

Book online:

[Book an appointment | School of Optometry & Vision Science - UNSW Sydney](#)

Limited appointments each week
Cancellation policy



School of Optometry & Vision Science Professional & Technical Staff



School Manager
Tracy Kane



Project Officer/EA
Nicola Kapo



Administration Officer
Jasmine Larden



Administrative Assistant
Daniel Pua



Undergraduate/MClinOptom
Michelle Wanandy



Clinical Placements
Michelle Bonanno

HDR Coordinators

Vicky Sawatt
Ina Ismail
Anne Barnes

**Postgraduate Teaching
Support Team**

Marcelle Runkat
Vanessa Green



**Technical
Laboratory Manager**
Dale Larden

**Student
and
Teaching Services**



Technical Assistant
Paul Zytnik

School of Optometry & Vision Science Support Team



Patricio Rodriguez
Computer Systems Officer
Specialist Technology Support



Lynn Guan
Analyst
Management Reporting and Analysis

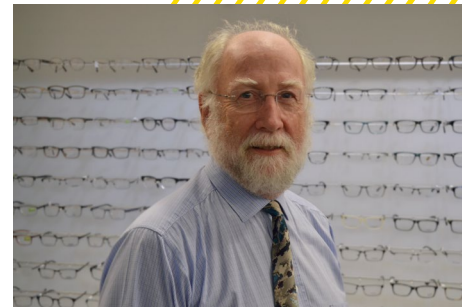


Optics & Radiometry Laboratory

- Colorimetric and photometric measurement and calibration
- Product testing (sunglasses, eye protection, traffic signals, window glass, traffic signals, vehicle lights, road signs, high visibility materials)
- OMB LG22



Maitreyee Roy
Associate Professor
Director
ORLAB



Stephen Dain
Emeritus Professor
Consultant



Brian Cheng
Measurement, Calibrations
& Quality Coordinator



Olga Pitt
Customer Services
Officer



Ash Ang
Technical Officer



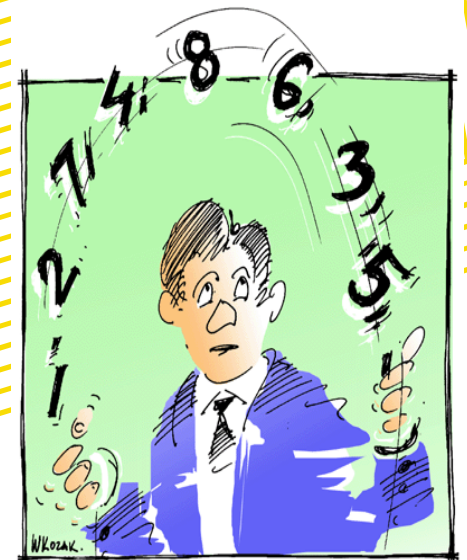
Shamit Mani
Technical Assistant



Rohan Sarkar
Technical Assistant

Now you are here.....

- Welcome and congratulations!
- We, the Faculty and UNSW are here to support you
 - Progression is not automatic in optometry program
 - Credit average required to progress
- Vision Science transfer at the end of Stage 3
 - Marks based, written application and interview
- Help and resources
 - School staff – coordinators, advisers and administrative staff
 - Student Optometry Society (OptomSoc)
 - Peer mentors
 - UNSW resources



UNSW encourages students and staff to follow the advice of the World Health Organisation

For more information please visit:
<https://www.covid-19.unsw.edu.au/information-students>

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



What should you do if...?

You have academic/progression issues...

- See the academic staff concerned
- See the course convenor
- See the Student Adviser
- See the Head of School



A/Prof Michele Madigan
Student Adviser

Sooner rather than later!

What should you do if...?

You have medical/personal issues ...

- Submit a 'special consideration form' through myUNSW

You must apply for Special Consideration **before** the start of your exam or due date for your assessment, except where your circumstances of illness or misadventure stop you from doing so.

If your circumstances stop you from applying before your exam or assessment due date, you must **apply within 3 working days** of the assessment or the period covered by your supporting documentation.

- We and UNSW look closely at the details
- Genuine cases are accepted
- We do not accept online medical certificates
- Advise the course convenor
- Talk to the Student Adviser if you need further assistance
- Equitable Learning Services (previously known as Disability Support Services)

What should you do if...?

There are general program/other issues...

- Speak with professional staff or academic staff coordinator
- Talk to your year representatives
 - You are likely to not be the only one
 - May be able to solve it or respond appropriately
 - May bring it to the regular meeting they have with the Head of School
 - School Board



Michelle Wanandy
Undergraduate/MClinOptom
Teaching Support



Dr Vinod Masedupally
Undergraduate/Master of Clinical Optometry Coordinator

Study or other difficulties

UNSW Academic Skills Support:

- <https://www.student.unsw.edu.au/skills>

UNSW Psychology and Wellness:

- <https://www.student.unsw.edu.au/counselling>

Equity Diversity and Inclusion Committee :
Undergraduate/Master of Clinical Optometry

Representative: Angela Zhang

First Responder Gendered Violence:

[Gendered violence - Safer Communities | Assurance and Integrity](#)

Mental Health First Aiders:

Dr Dale Larden/Dr Daisy Shu/Ms Kat Pakarinen/Ms Nicola Kapo

Grievances

- School Grievance Officer: A/Prof Sieu Khuu

- s.khuu@unsw.edu.au

Room 3.028 x54620

- Take it to (as applicable)

- the Course Convenor
- the Grievance Officer
- the Head of School
- the Registrar

A/Prof Sieu Khuu



- UNSW administration

- Student Complaints and Appeals
<https://www.unsw.edu.au/planning-assurance/conduct-integrity/complaints-unsw/student/student-complaints>

Student Support - I Need Help With...

My Feelings and Mental Health
Feeling depressed, overwhelmed
or not your usual self?



Mental Health Connect
student.unsw.edu.au/mhc



TalkCampus
student.unsw.edu.au/Talkcampus



UNSW (24/7) Mental Health Support: [+61\(2\) 9385 5418](tel:+61293855418)

Text support After Hours: [0485 826 595](tel:0485826595)



Offshore
Call 24-hour Medibank Hotline: [+61 2 8905 0307](tel:+61289050307)

Uni and Life in Australia
Stress, financial, visas,
Accommodation & More



Student Support
Indigenous Student Support
M&H Student Experience Officer, Indigenous

student.unsw.edu.au/advisors
nura-gili-centre-indigenous-programs
[Frances Pestana](#)

Reporting Sexual Assault/Harassment



Equity Diversity & Inclusion (EDI)

unsw.edu.au/planning-assurance/conduct-integrity/gendered-violence

Educational Adjustments
To manage my studies and
disability / health condition



Equitable Learning Services (ELS)

student.unsw.edu.au/els

Academic and Study Skills



Academic Skills

student.unsw.edu.au/skills

Special Consideration
Because life impacts our
studies and exams



Special Consideration

student.unsw.edu.au/special-consideration

Physical Health
Doctors visits, Vaccinations



Health Service

student.unsw.edu.au/hsu
OR Bulk Billed GP

External Mental Health Support

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
Lifeline.org.au

Mental Health Line

24/7 professional help and advice
Referrals to local mental health services

1800 011 511

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse.

1800 737 732
1800respect.org.au

Beyond Blue

24/7 mental health support service

1300 224 636
beyondblue.org.au

headspace

Online support and counselling for young people aged 12 to 25

1800 650 890
(9am-1am daily)

Headspace.org.au/eheadspace
(webchat)

Mensline

24/7 counselling service for men

1300 78 99 78
Mensline.org.au

Qlife

LGBTIQ+ peer support and referral

1800 184 527
(6pm-10pm daily)

Qlife.org.au
(online chat 3pm-12 am daily)

13YARN

24/7 support service for Aboriginal and Torres Strait Islander people

13 92 76
13yarn.org.au

Online Mental Health Resources

Useful resources to support mental health literacy and peer support

Mind Hub

Links to curated resources for students

This Way Up

iCBT (internet delivered Cognitive Behavioural Therapy) courses for a range of anxiety, depressive and related mental health conditions

Black Dog

Evidence based mental health resources and support services

Your Room

Evidence based information about alcohol and other drugs

TalkCampus

University specific peer-to-peer support platform. Available in 26 different languages

Reach Out

Anonymous online platform that enables young people to connect and learn together

GambleAware

Information and support for problem gambling

Butterfly Foundation

Information and support for disordered eating

Communication

- University email
- Moodle
- Optometry and Vision Science web page

[Website: https://www.optometry.unsw.edu.au/](https://www.optometry.unsw.edu.au/)

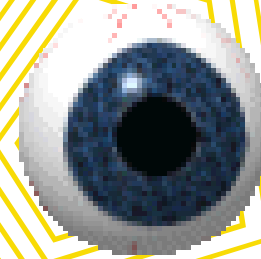
<https://www.facebook.com/UNSWOptom/>

<https://www.facebook.com/UNSWoptometryclinic/>

Twitter: @unswoptomvsci

Our Aim

- ✓ To help you to develop relevant skills and experiences
- ✓ To prepare you for an interesting and rewarding career
- ✓ To make the University experience enjoyable
- ✓ To encourage you to remain connected as one of our alumni





ATC
CLUBS
SUPPORTED BY Arc
INDEPENDENTLY RUN

UNSW
SYDNEY

UNSW

GIVING SIGHT



UNSW
SYDNEY

WHO WE ARE



UNSW Giving Sight is a not-for-profit charity society that aims to spread awareness of and eliminate avoidable visual disorders around the globe!



UNSW SYDNEY

WHAT WE DO



We hold exc-eye-ting fundraising events every so often to help us achieve our aim of spreading awareness!

(Don't worry, these are free most of the time.)





UNSW
SYDNEY

WANT TO JOIN?

Simply log into the SpArc website via the QR code below, fill in the short form and voila! You can help us with our goal of aiding those with easily remedied visual impairment.





UNSW
SYDNEY

WANT TO DO MORE?

If you're interested in a more active role and want to inspire and inform others through our events, our subcommittee might be perfect for you! Scan the QR code below, fill out the short google form, and we'll contact you with any updates.



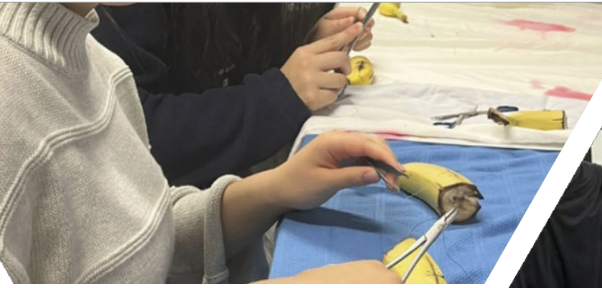


Arc
CLUBS

SUPPORTED BY Arc
INDEPENDENTLY RUN

UNSW
SYDNEY

Thanks!



RAHMS

RURAL ALLIED HEALTH
& MEDICAL SOCIETY




What do we do?

Roadtrips

Workshops

Outreach



Clinical Skills

8 multidisciplinary workshops in 2 nights



School Visits

inspire students & teach them clinical skills



Rural Appreciation

weekend away for the rural experience



Yarns

led by an Indigenous elder

RURAL ALLIED HEALTH and MEDICAL SOCIETY

The University of New South Wales



We want ewe!



Kensington - Port Macquarie - Coffs Harbour - Albury - Wagga Wagga



Representative
Represent and be the voice for your degree in RAHMS

Sub-Committee
Be a part of the team, under a director, to bring events to life

Community Member
Anyone is welcome! Attend, be inspired & make friends



Join the family TODAY [@rahmsunsw](https://twitter.com/rahmsunsw)





Positions Available



Director & Reps

Sponsorship, ICEA, RAW

Medsci, Nutrition, Public Health, Social Work



Sub-Committee

Clinical Skills Night
Education
Projects
Publicity

MedSci, Exercise Phys,
Nutrition, Pharmacy,
Optometry, Psychology,
Public Health, Social Work



Community Member

Sign up on SpArc & NRHSN

Add us on our socials!



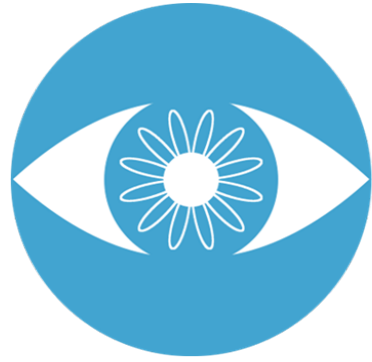
APPLY TO JOIN THE RAHMILY



RURAL ALLIED HEALTH and MEDICAL SOCIETY

The University of New South Wales





UNIVERSITY OF NEW SOUTH WALES
OPTOMETRY AND VISION SCIENCE
SOCIETY

Welcome Day 2025

Presented by Natasha Nicholas and Jessie Woodward

ABOUT US

Representative student body for all
Optometry and Vision Science students.

Consists of an executive team of 5th year
students and FOUR year representatives from
1st to 4th year.

We strive to provide educational support and
networking opportunities to students.



Photo: UNSW OptomSoc Executive Team 2025

*L to R: Emily Mai (Treasurer), Josie Wehbe (Vice-President), Jessie Woodward (Secretary),
Angela Zhang (President), Natasha Nicholas (Marketing Director), and Jennifer Du (Events Coordinator)*

EVENTS



BBQs

The first of which will be straight after your campus tours!



CRUISE



EYEBALL

EVENTS



PUBCRAWL



INDUSTRY DAY

Student Wellbeing and Action Group (SWAG)

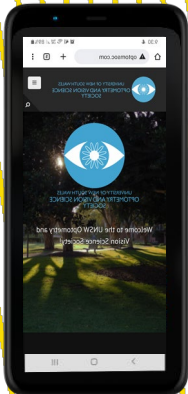
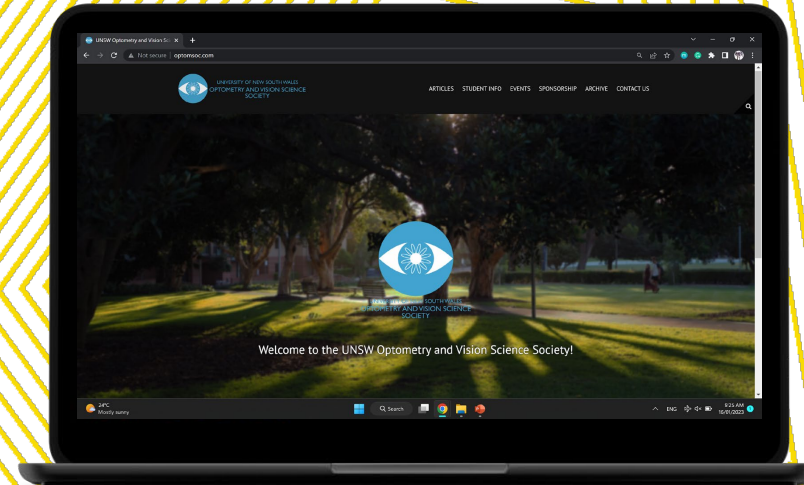
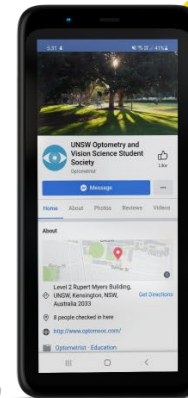
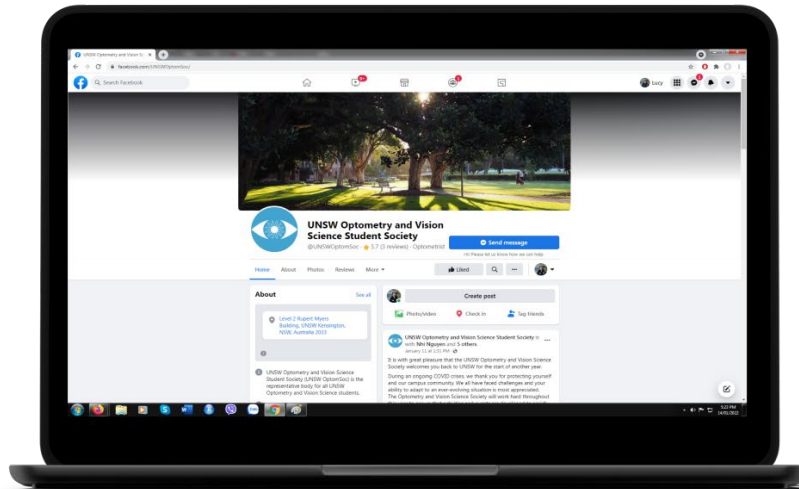
Student-led Initiative specifically targeting wellbeing of Students.

Focused on Mental Health, Wellbeing and Connection with peers.

Dedicated to helping students transition from high school to university life through to graduation.



STAYING CONNECTED

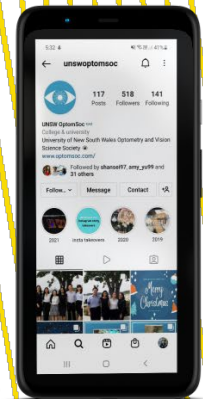
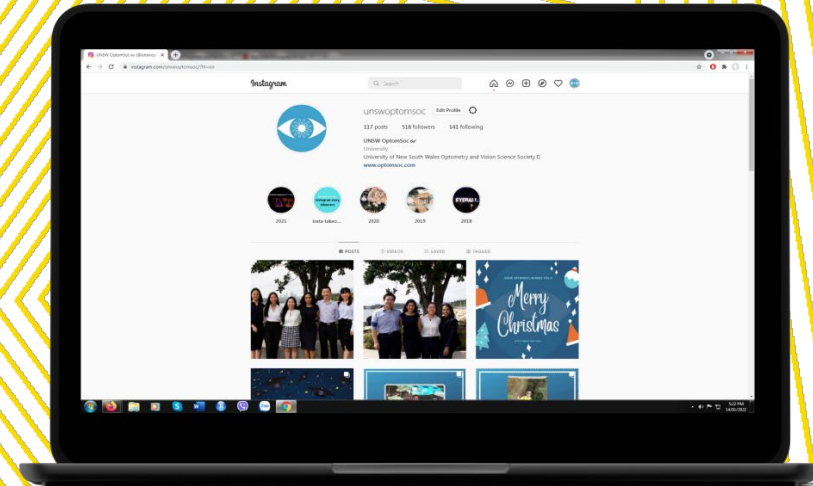
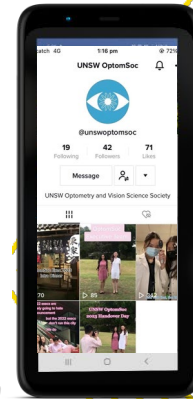
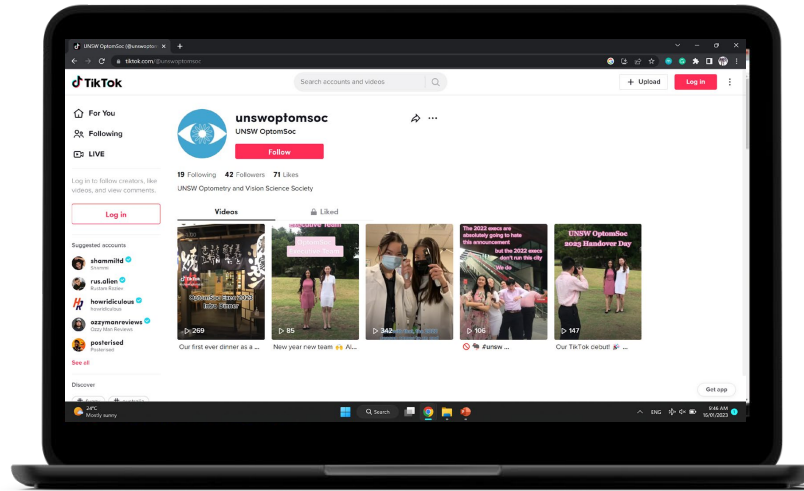


Facebook Page - UNSW Optometry and Vision Science Student Society



Website: www.optomsoc.com

STAYING CONNECTED



TikTok: @unswoptomsoc

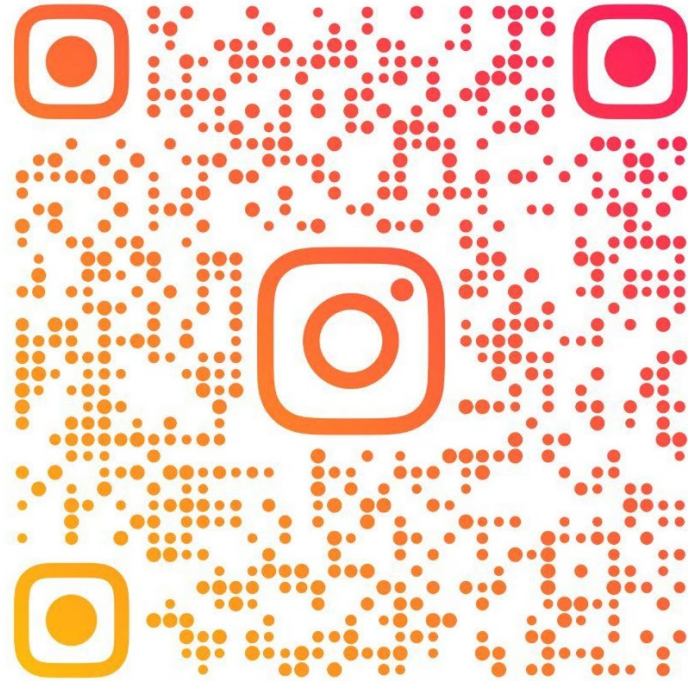


Instagram: @unswoptomsoc

MERCH



Stayed tuned on our socials for this year's design release!



**Class of 2029
Instagram Groupchat**



**Peer Mentoring 2025
Signup Link**

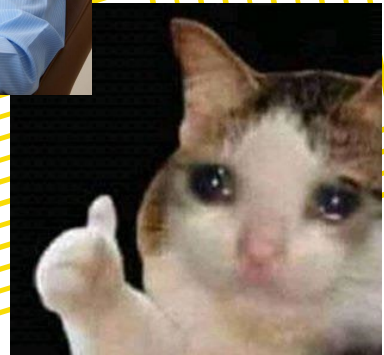
2025 Peer Mentoring Program



University- very different to high school...

- Huge campus
- SO MANY resources...
- Different student expectation
 - Self-directed learning
 - Emphasis on understanding, limited value of recalling facts
- Are you the only one from your school?
- Commuting? Eating? Socialising? Wifi access?
- Interstate? International?

Me: *thrown into a campus I don't know, with people I don't know, studying stuff I don't know



How can we make this easier?

Research and Development in Higher Education Volume 34

An exploratory investigation into first year student transition to university

Angela Bowles

University of Greenwich, Greenwich, UK
A.Bowles@greenwich.ac.uk

Alexandra Dobson

University of Wales, Newport, UK
Alexandra.Dobson@newport.ac.uk

Ron Fisher

Griffith University, Gold Coast, Qld, Australia
R.Fisher@griffith.edu.au

Ruth McPhail

Griffith University, Gold Coast, Qld, Australia
R.McPhail@griffith.edu.au

Table 1: Measures of Student perceptions of Enablers to Transition

Measure	Description of variables
STUDY	Study skills, time management, willingness to seek assistance and guidance particularly from academic staff
EFFORT	Motivation, commitment, willingness to work hard and join the university culture. Motivated to interact with others
ORIENTATION	Found to be a useful precursor to studies. Effective in giving an opportunity to meet staff and student services
LEARNING@UNI	Accessibility or usefulness of university's web-based course systems and self-serve portals in transition to university
CULTURE	Feelings of belonging, value and culture associated with being a student at this particular university
FACILITIES	Adequacy of infrastructure in supporting transition, particularly parking, computer labs, study areas and wireless network
SOCIAL	Perception of the importance of regular and well publicised university led social events for developing friendships/networking

the meaning of constituent variables. On inspection of the underlying meaning of the measures it was noted that students' willingness to seek academic support, the effort they put into transition, along with their desire for creating a sense belonging, as measured by STUDY, EFFORT and CULTURE, were student-centred or *intrinsic* measures (i.e. within the students themselves). Juxtaposed were university-led, *extrinsic* items that assisted transition, namely orientation, web-based course assistance, computer and study facilities, and university sponsored social events, as measured by ORIENTATION, LEARNING@UNI, FACILITIES and SOCIAL respectively. Descriptive statistics and correlation analysis of the seven

What supports are available?

SOVS Peer Mentoring

- Support group to enable transition from high school to university
- Limited emphasis on academic support...
- **Protip: sign up right after this!**

SOVS SWAG Program

- See previous slides...

PASS Program

- PASS: Peer Assisted Student Support
- TBA



SWAG

- SWAG Discord server
 - <https://discord.gg/wcJqKw3tMs>



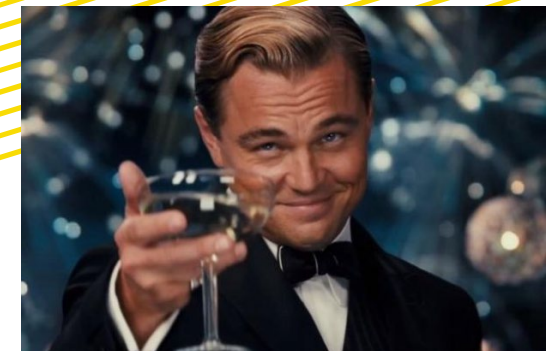
Who are the peer mentors?

- **4th year students or 1st year of Master of Clinical Optometry students**
- **Selected to have leadership experience**
- **Have been trained by UNSW Counselling and Psychological Services to mentor 1st year students**

Sign-up today

- Tour today
 - outside this lecture theatre
 - For ALL students studying in our course/program
- Sign-up to the peer mentoring program at:

[Peer mentoring group registration 2025 | School of Optometry & Vision Science](#)



PEER MENTORS



UNSW
SYDNEY

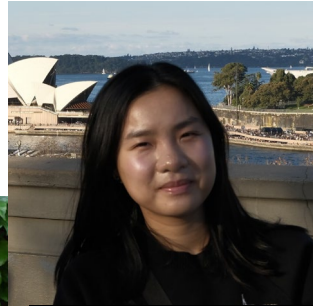


Peer mentoring & settling into university



Meet the Mentors

Jennifer



Hala



Jessica



Simon



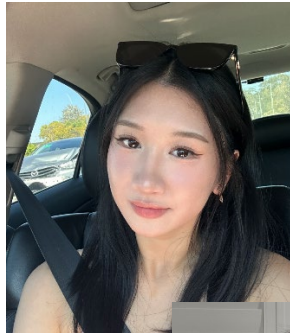
Hanelle



Patrick



Ruth



Tina



Hao-Wei



Yasmine



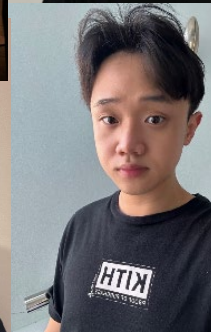
Emma



Adrian



Winston



Sophie



HIGH SCHOOL	UNIVERSITY
Subjects	Courses
Periods / class	Lectures / tutorials
Practicals	Labs
Syllabus	Course outline

Recommended program structure

- **Term 1 2025**

- BABS1201 Molecules, Cells and Genes (6UoC)
- MATH1031 Mathematics for Life Science (6UoC) or MATH1131 Mathematics 1A (6UoC) or MATH1141 Higher Mathematics 1A (6UoC)
- VISN1101 Seeing the World: Perspectives from Vision Science (6UoC)

- **Term 2 2025**

- CHEM1011 Chemistry 1A: Atoms, Molecules and Energy (6UoC)
- VISN1111 Geometrical and Physical Optics (6UoC)

- **Term 3 2025**

- VISN1221 Visual Optics (6UoC)
- PHYS1111 Fundamental of Physics (6UoC) or PHYS1121 Physics 1A (6UoC) or PHYS1131 Higher Physics 1A (6UoC)
- CHEM1829 Biological Chemistry for Optometry Students (6UoC)

What the peer mentoring program involves

- Meeting up once a week for the first 8 weeks
- Answering any questions
- Helping you find your way around uni
- Tips, advice from us

Why should I join peer mentoring?

- Helps to transition from highschool to university
- Find new friends
- Know where the good food and coffee are
- Social group
- Have all your questions answered about the course and uni life
- **(Note: this is not a tutoring group!)**

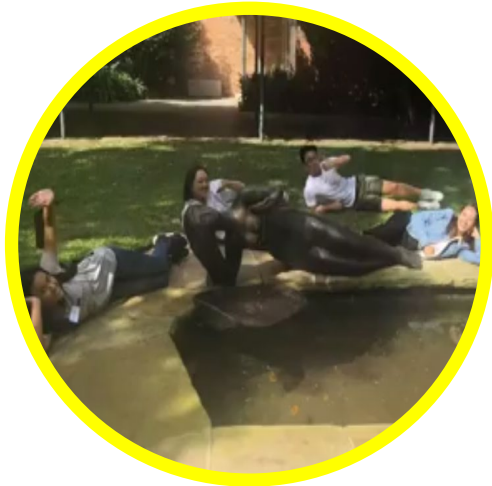
General tips

- Don't skip lectures (yes they are recorded that's not enough!!)
- Uni = lectures, tutorials, labs
- Look through the course outline
- Assessments = written exams, online quizzes, using specialised programs (MAPLE)
- Keep track of due dates
- Group study sessions are useful
- Textbooks ???

General tips pt 2

- GET THE LOST ON CAMPUS APP
- GET THE [What's On!](#)CAMPUS APP
- Join the 1st year Optom/Vis Sci group chat
- Get involved with other societies that align with your interests while you still have plenty of time!

Peer Mentoring Events During Term



EYE-Mazing Race

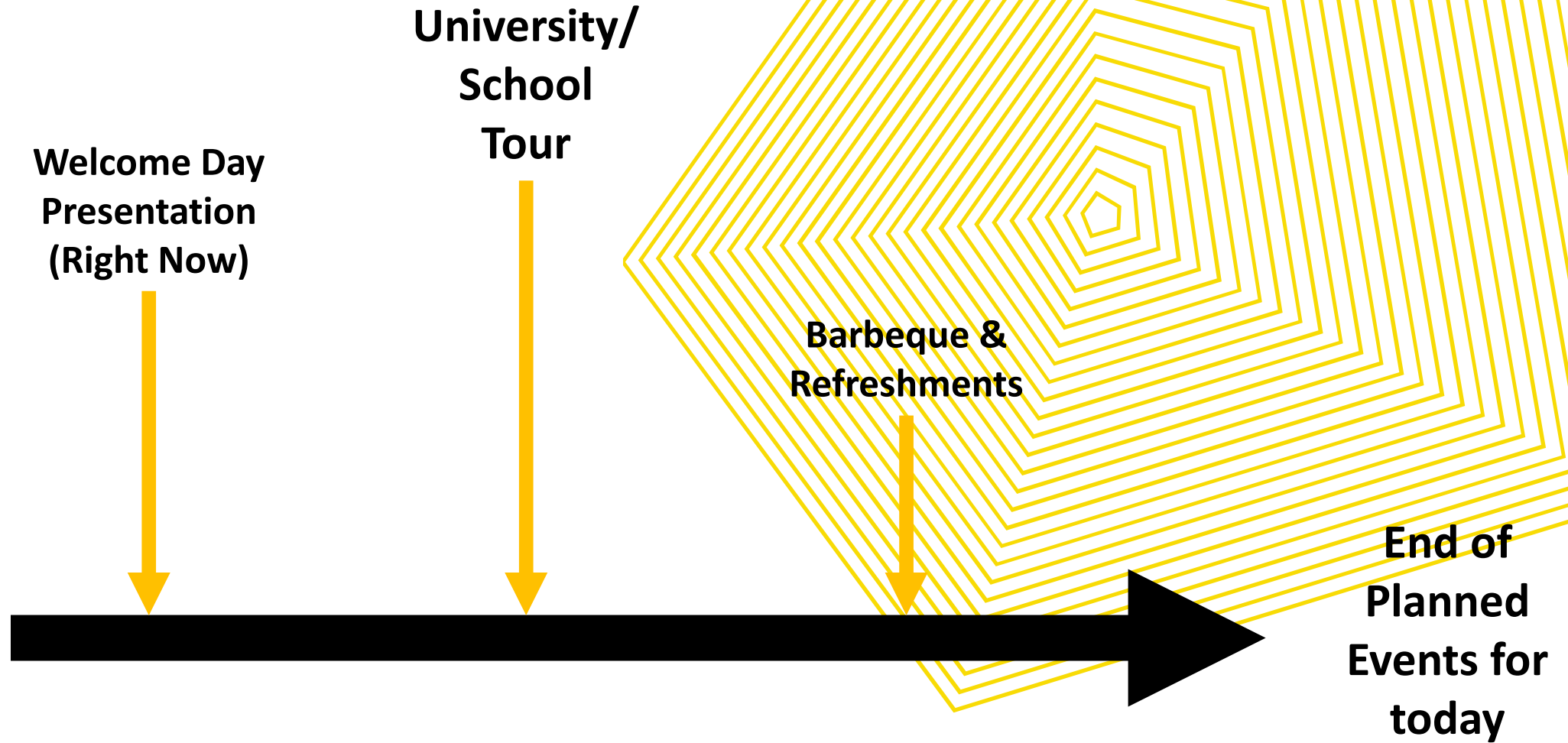


Picnics and BBQs



Trivia Nights

Outline for Today's Events



Thank you and enjoy first year!



UNSW
SYDNEY