F.P.S.A.

Flinders Psychology Students' Association

First year guide

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What is FPSA?

Flinders Psychology Students' Association (or FPSA) is your go-to association for all things psychology. Represented by current psychology students, for psychology students. We aim to provide and promote inclusive psychological opportunities including volunteer and paid endeavours, study opportunities, and upcoming social events, for all fellow Psychology students.

You can find out who the current committee members are through this link: https://flinderspsychologystudents.com/committee. If you want to join us, apply through here: https://forms.gle/zFbUwxt2JVcPVH5PA.

Some things we do are...

- Organise a range of fun and educational **events** for psychology students
- **General Support** – Get in contact with us about any general questions or queries you might have about university or otherwise!
- **Study Support** – We are able to provide a range of study tips for new and seasoned students.
- **Welfare Support** – We have a dedicated welfare officer available to assist you with any issues you might be having relating to university or otherwise.
- **Education and Careers Advice –** We can provide insight into the many psychology pathways. Our committee members also run informative education and career seminars.
- **Liaise** with the Psychology college and faculty, and the Australian Psychological Society.
- Manage a **website** where you can purchase merchandise, and access Flinders psychology student resources we have made for you (e.g., blog posts). Head here: https://flinderspsychologystudents.com/

- **Newsletters** – You can sign-up to our emailed newsletters by visiting our Rubric webpage and selecting the ‘Memberships’ tab.

- **Blogs** – See our website for interesting psychology related publications and blogs! You will find our seminar series on our blog page.

- Sell cool and cozy Flinders Psychology **merch**: https://flinderspsychologystudents.com/store

- **Social Media** - Our social media will keep you updated with the latest psychology news and job opportunities at Flinders and in the surrounding community. You can find us on Facebook, Instagram, Linkedin, X, and YouTube.

- **Facebook Group** - Join our Facebook group to post questions and get connected with other students: www.facebook.com/groups/flinderspsychstudentsandalumni/

- **Discord** - Our Discord server is designed as a one-stop place for many different chat subjects (a more comprehensive chatting platform than our Facebook community chats).

    - **What is Discord?** Watch this: https://www.youtube.com/watch?v=TJ13BA3-NR4

    - **Download Discord** here: https://discord.com/download

    - **Join our server**, 'Flinders Psych Students & Alumni', via the Flinders Discord Hub: https://discord.gg/FWRMTkaSNK

    - Learn about using Discord here: https://support.discord.com/hc/en-us/articles/360045138571-Beginner-s-Guide-to-Discord

- **YouTube** - Subscribe to our channel and watch our resource videos: https://www.youtube.com/@FlindersFPSA

FPSA Link Map

We also have a ‘link map’ website page that provides an index of useful links for studying psychology at Flinders. Save and bookmark the website page through here: https://flinderspsychologystudents.com/link-map . Below are some handy links included in the ‘link map’.

- **Flinders Psychology Students' Association (FPSA)**: https://flinderspsychologystudents.com/
- **Career psychology information**: https://careerhub.flinders.edu.au/students/infopages/detail/90
- **Psychology pathways**: https://apac.au/students/registration-pathways/
- **Psychology and Health Forum**: https://www.phf.community/login/
- **Your college**: https://students.flinders.edu.au/my-course/course-college

Where to Find and Contact Us

You can find us on **Bedford campus in room SSN101** (Student VIP/Lost on Campus link: https://studentvip.com.au/flinders/main/maps/110695).

Get in touch via email (ask@flindersfpsa.com) or social media.

Arrange a One-on-One with Our Welfare Officer

Book a friendly one-on-one chat with our Welfare Officer by emailing ask@flindersfpsa.com. Please note that these chats are not professional counselling appointments. Our Welfare Officer can provide a listening ear, offer advocacy, and help connect you with university services to ensure you're pointed in the right direction.

Important Links for Starting at Flinders

Below are some useful links for studying at Flinders.

- **Start here**: https://students.flinders.edu.au/new-students
- **Compass** (your go-to Flinders page to **access everything**): https://students.flinders.edu.au/compass
- **Better U** is a gateway to wellbeing resources at Flinders University: https://www.flinders.edu.au/betteru
- **Better U blog**: https://blogs.flinders.edu.au/student-health-and-well-being/
- Better U blog mailing list:
- **List of all the many Flinders University support services** available to you (i.e., Health and wellbeing, study and learning, financial support, enrolment and course, admin and technology, careers and employment, security, international students, indigenous students, and HDR students): https://students.flinders.edu.au/support . They also have a comprehensive document of a directory of Flinders University Services and supports via here: https://blogs.flinders.edu.au/student-health-and-well-being/2025/03/19/student-support-and-services-directory/ . Some (not all) of the services are listed below:
    - Flinders after-hours crisis line: calling +1300 512 409 or texting 0488 884 103
    - **Health, counselling and disability services:** https://students.flinders.edu.au/support/hcd
    - **Flinders Connect** (queries): https://students.flinders.edu.au/support/flinders-connect

        - **Ask Flinders** (online queries): https://askflinders.microsoftcrmportals.com/

    - **Flinders Career Hub** (career planning, developing skills/networks, finding jobs/experience, workshops, job applications, career advice, etc.): https://careerhub.flinders.edu.au/students

    - **Student Learning Support Service** (one-on-one academic support, academic workshops, referencing, writing resources, and more): https://students.flinders.edu.au/support/slss

    - **Library** (borrowing, databases, booking study rooms, etc): https://library.flinders.edu.au/students

    - **Library computers and printing**: https://students.flinders.edu.au/support/computing/it-on-campus

    - **Indigenous student services**: https://students.flinders.edu.au/support/indigenous-student-support

    - **International student services**: https://students.flinders.edu.au/support/iss

- **Flinders Handbook** (where you can search up course information)**:** https://handbook.flinders.edu.au/

- **Student VIP** (campus navigation, second-hand notebooks, tutors and more): https://studentvip.com.au/

- **Credit transfer**: https://students.flinders.edu.au/my-course/apply/credit-transfer

- **Ready2Go** (workshops and online information about preparing for university): https://students.flinders.edu.au/support/slss/ready2go

- **Accommodation option**: https://www.flinders.edu.au/living

- **Orientation**: https://students.flinders.edu.au/orientation
- **Payments** you may be able to get while studying: https://www.servicesaustralia.gov.au/payments-you-can-get-for-higher-education?context=60078
- **Mentoring programs**: https://students.flinders.edu.au/new-students/flinders-mentoring-programs
- **Clubs to checkout**: https://fusa.edu.au/clubslist/
- **Flinders Discord Hub** (place to find online Flinders University student communities): https://discord.gg/FWRMTkaSNK
- **Flinders University Student Association (FUSA**) [advocacy support, events, etc.]: https://fusa.edu.au/
- **Flinders safety**: https://students.flinders.edu.au/feedback-rights-policy/safety-on-campus
- **Security**: https://www.flinders.edu.au/campus/bedford-park/facilities-services/security
- **Child and parenting facilities**: https://www.flinders.edu.au/campus/bedford-park/facilities-services/child-parenting-facilities

The Differences Between Your FAN, ID, and USI Numbers

Your FAN is your Flinders username for online logins and forms part of your email address, though you can request an email alias based on your first and last name through Ask Flinders. The Student ID is your official Flinders identifier used for enrolment, exams, and administration. Lastly, your USI is your national Australian education number, and you need it to access Commonwealth-supported study.

Navigating Campus

To travel around Bedford campus or between Bedford and Tonsley, you can use the Campus Connector bus or the Tonsley Link bus: https://www.flinders.edu.au/campus/bedford-park/location/loop-bus. The Lost on Campus app, mentioned later in this guide, is also a helpful tool for finding your way around campus.

Your One-Stop Flinders Webpage

Compass is your central Flinders webpage for accessing the content, tools, and systems you may need while studying. It includes resources such as your personalised timetable, course details, and topic information: https://students.flinders.edu.au/compass. To make Compass easy to access, consider setting it to open automatically when you launch your browser by updating your browser start-up settings.

Important Canvas Topics to Explore

Flinders offers online Canvas topics that can support your transition to university study. The Student Learning Support Service (SLSS) provides Flinders Learning Online (FLO) modules with practical information to help you build study skills and prepare for success: https://flolinks.flinders.edu.au/slsscanvas. For more information about the SLSS FLO modules, visit: https://students.flinders.edu.au/support/slss/workshops#ready2go.

Course Rule / Program of Study

Each degree has its own study program, and the course rules explain which topics you will study each year, as well as the course aims, learning outcomes, admission requirements, unit requirements, and any progression or transfer requirements, such as a minimum GPA. Reading the course rules can help you choose the degree that best fits your goals and map out your pathway through topics and degrees. You can find study program and course rule information by searching for psychology degrees in the Flinders Handbook: https://handbook.flinders.edu.au/. When viewing an individual topic in the Handbook, select 'Timetable, dates, fees and topic coordinators' on the right-hand side of the topic page to view class times, topic coordinator details, and related information. To learn how to navigate the Flinders Handbook, watch this video: https://www.youtube.com/watch?app=desktop&v=0Mma5W3L2iU.

Use the Handbook links below to explore some of the psychology degrees offered at Flinders. Additional options, including double degrees, are also available in the Flinders Handbook.

Bachelor of Psychological Science:

https://handbook.flinders.edu.au/courses/current/bps#program-of-study

Bachelor of Psychology (Honours):

https://handbook.flinders.edu.au/courses/current/bpsy#program-of-study

Career Options with a Psychology Topic Sequence

Once you have found a degree that interests you, you may want to explore the career options available with a psychology sequence, such as a Bachelor of Arts majoring in Psychology or a Bachelor of Psychological Science. Flinders Career Hub provides a range of resources, including a guide to career pathways you can consider: https://careerhub.flinders.edu.au/students/infopages/detail/90.

Checking Your Psychology Degree Accreditation

If you are considering the psychologist pathway, make sure your course is accredited. To become eligible for registration as a psychologist with the Australian Health Practitioner Regulation Agency (AHPRA), you must complete a course accredited by the Australian Psychology Accreditation Council (APAC). You can search accredited psychology courses offered across Australia here: https://apac.au/accredited-programs/search-a-program/.

Study Pathways to Become a Practicing Psychologist

The journey to becoming a psychologist is challenging and competitive. After completing a three-year psychology sequence, students must gain entry into a fourth-year psychology program and then a master's degree, both of which have limited places. Because this process is highly competitive, it is helpful to have other mental health career options as backups while studying undergraduate psychology and continuing to work towards becoming a psychologist.

After completing an undergraduate psychology degree, some students move into related fields such as clinical social work or counselling. Some choose to become a Mental Health Social Worker instead of a counsellor or psychotherapist because eligible sessions may attract Medicare rebates. For example, students may complete the Master of Social Work (Graduate Entry) and then undertake the required qualification process to become a Mental Health Social Worker: https://www.flinders.edu.au/study/courses/master-social-work-graduate-entry.

Another pathway is to complete a Flinders undergraduate psychology degree and then pursue postgraduate counselling study at Flinders University to become a registered counsellor: https://www.flinders.edu.au/study/courses/postgraduate-counselling-behavioural-health. Currently, the counselling field is continuing to develop. The Australian Government has reviewed the sector and introduced 'National Standards for Counsellors and Psychotherapists'. Discussions are also underway about whether

counsellors could register with the Australian Health Practitioner Regulation Agency (AHPRA) as a self-regulating profession: https://www.pacfa.org.au/portal/portal/Prac-Res/national-standards.aspx.

Another backup option some students consider is transferring into an undergraduate psychology degree with an accredited counselling stream. This pathway keeps both options open: students are able to register as counsellors after completing the undergraduate degree while also retaining the opportunity to continue towards becoming psychologists. Based on our current understanding, the Bachelor of Psychological Science and Counselling at the Australian College of Applied Professions is the only Adelaide-based undergraduate psychology and counselling degree accredited by both a counselling registration body, the Psychotherapy and Counselling Federation of Australia (PACFA), and the Australian Psychology Accreditation Council (APAC): https://www.acap.edu.au/courses/bachelor-of-psychological-science-and-counselling/.

The main psychologist registration pathways are outlined below. These pathways generally lead either to general registration or to practice endorsement in a specialised area of psychology.

- **5 + 1 pathway:** a pathway towards general registration as a psychologist.
- **Practice endorsement pathway:** a pathway towards specialised areas of psychology, such as clinical, forensic, or educational and developmental psychology.

For more information about psychology registration pathways, visit the APAC website: https://apac.au/students/registration-pathways/.

At Flinders, degree options are available for both the 5 + 1 pathway and the practice endorsement pathway in clinical psychology.

Practice-Endorsed Psychologists vs General Psychologists

The practice endorsement pathway differs from the 5 + 1 pathway because it can lead to endorsement in a specialised area of psychology, such as clinical psychology. To explore different types of psychologists, visit: https://psychology.org.au/psychology/about-psychology/types-of-psychologists.

Under the Better Access initiative, clinical psychologists generally attract higher Medicare rebates for eligible sessions than general psychologists. To learn more about Better Access, visit: https://www.servicesaustralia.gov.au/better-access-initiative-supporting-mental-health-care.

General psychologist rebate rates are available here: http://www9.health.gov.au/mbs/search.cfm?q=80100-80115&sopt=I.

Clinical psychologist rebate rates are available here: http://www9.health.gov.au/mbs/search.cfm?q=80000-80015&sopt=I.

Psychologists vs Counsellors and Psychotherapists

Psychologists differ from counsellors and psychotherapists in several important ways. Psychologists are regulated by the Australian Health Practitioner Regulation Agency (AHPRA), must complete courses accredited by the Australian Psychology Accreditation Council (APAC), can diagnose mental health disorders, and are required to use evidence-based practice. Eligible psychology sessions may also attract Medicare rebates.

In comparison, counsellors and psychotherapists are self-regulated, cannot diagnose, and do not generally attract Medicare rebates. However, they can voluntarily register with professional bodies that promote competence by accrediting courses and setting training standards, such as the Psychotherapy and Counselling

Federation of Australia (PACFA) and the Australian Counselling Association (ACA). Some counsellors and psychotherapists may also be recognised by private health insurers, which can allow clients to claim private health insurance benefits for eligible sessions. You can find accredited counselling and psychotherapy courses here: https://www.pacfa.org.au/portal/Portal/Training-and-Careers/Accreditation/Acc-Courses.aspx.

Flinders offers accredited counselling courses that you may wish to explore: https://www.flinders.edu.au/study/courses/postgraduate-counselling-behavioural-health.

For information about the differences between counsellors and psychotherapists, visit: https://pacfa.org.au/portal/portal/Prac-Res/Resources/CPDefinitions.aspx.

Psychology Pathways: 4th Year

After completing a three-year psychology sequence and meeting Level 1 Foundational Competencies, students on both the 5 + 1 and practice endorsement pathways must complete a fourth year in psychology to meet Level 2 Pre-Professional Competencies. For the practice endorsement pathway, this fourth year is usually Honours. For the 5 + 1 pathway, it may be Honours or the Graduate Diploma in Psychology (Advanced). Entry requirements for fourth-year programs can change each year, so refer to the links below for the most current Flinders Honours requirements.

For current Flinders Honours entry requirements, visit: https://www.flinders.edu.au/study/courses/honours-bachelor-psychology.

Honours Stream

Students in the Honours stream, such as the Bachelor of Psychology (Honours), are kept a spot in the Honours year if they meet the required GPA across second- and third-year psychology topics. Progression requirements are outlined in the Flinders

Handbook: https://handbook.flinders.edu.au/courses/current/bpsy#program-of-study. To calculate your GPA across topics, use the Flinders GPA calculator: https://students.flinders.edu.au/my-course/gpa-calculator.

In third year, Honours stream students complete two topics that differ from those in other psychology degrees: counselling skills and placement. Students in the standard psychology sequence who are interested in counselling could ask their course coordinator to undertake DSRS3222 Introduction to Counselling Skills as an alternative elective. Information about psychology placement requirements is available here: https://students.flinders.edu.au/my-course/placements/compliance/psychology. If you would like tips for managing your mental health while on placement, this blog article includes a helpful resource: https://blogs.flinders.edu.au/student-health-and-well-being/2024/07/01/prepare-mentally-work-placements/.

To check whether internal transfer into the Honours stream is currently available through Flinders, visit: https://www.flinders.edu.au/study/apply/internal-transfer. If direct internal transfer is not available, contact Flinders Connect for advice and consider applying through SATAC, noting that a fee may apply. Students are encouraged to apply during first- or second-year psychology if they are interested in transferring into the Honours stream.

Psychology Pathways: 5th Year and Beyond

5 + 1 Pathway

After completing Honours or the Graduate Diploma in Psychology (Advanced), students following the 5 + 1 pathway complete a fifth-year program as provisional psychologists. At Flinders, this program is the Master of Professional Psychology. Entry requirements are available here: https://www.flinders.edu.au/study/courses/postgraduate-professional-psychology.

After the fifth year, students must complete an internship and pass the Psychology Board of Australia national psychology exam.

Practice Endorsement Pathway

For the practice endorsement pathway, students complete a postgraduate program that combines Level 3 and Level 4 study, usually the fifth and sixth years, in an Area of Practice Endorsement (AoPE). This may be a master's program in an endorsed area, or a combined AoPE master's/PhD pathway that leads to general registration. After completing an AoPE postgraduate program, students generally undertake the Psychology Board of Australia registrar program while holding general registration.

Clinical Experience for Postgraduate Psychology and Personal Development

Begin building clinically related volunteer or work experience as early as you can. Psychology master's programs often value clinically relevant experience highly when assessing applications, so it is helpful to start exploring opportunities in your first year.

Possible places to gain experience include Lifeline, Friendline, Department of Human Services, Anglicare, Uniting Communities, Shine, Transcend, and other community organisations. You can also search for volunteering positions here: https://www.volunteer.com.au/. Career Hub has also created a comprehensive list of organisations where students can gain relevant experience: https://careerhub.flinders.edu.au/students/infopages/detail/90.

Some clinical-related volunteering roles may require prior experience, so you may need to build up gradually. Entry-level roles, such as emergency assistance volunteering, can be a useful starting point for developing the skills and experience needed for more specialised mental health-related opportunities.

Tip: Volunteering experience may also contribute points towards the Flinders Horizon Award program, which is discussed later in this guide.

Networking and Professional Development

Psychology and Health Forum Community is a free platform for professional development opportunities: https://www.phf.community/login

Psych Students & Alumni Facebook Group: www.facebook.com/groups/flinderspsychstudentsandalumni/

APS student membership gives students access to resources and discounted APS workshops: https://psychology.org.au/for-members/member-services/studenthq

Flinders University Psychology Alumni LinkedIn Group: https://www.linkedin.com/groups/14481924

Flinders Alumni Network: https://www.flinders.edu.au/alumni

Study Plan

Once you have chosen a degree and reviewed the course rules, career options, and pathways, the next step is to plan your enrolment. Start by accessing the study plan for your degree, which provides a snapshot table to help you map out your topics: https://students.flinders.edu.au/my-course/study-plans. You do not always need to complete topics in the exact order shown in the study planner. For example, you may be able to complete both Research Methods 2 and Research Methods 3 in second year, or take intensive summer school topics to reduce your workload during the semester. Before changing the suggested order, check the prerequisites for each topic in the Flinders Handbook. You may also find it useful to create your own personalised version of the study plan table.

If your course coordinators approve, you may be able to choose alternative electives that are not listed in your degree study plan. The section below includes examples of

alternative elective topics. Please note that some degrees may allow up to 10 first-year electives, but you should check whether this still applies to your course.

Potential Alternative Electives

The following elective topics may be available if you receive approval from your course or topic coordinator. These suggestions are based on informal advice from past students, so always confirm your eligibility and enrolment options before planning your study.

Summer school:

- COMS1001 Academic and Professional Communication (SU, Semester 1 [S1], & S2) [covers advanced grammar and other writing skills]: https://handbook.flinders.edu.au/topics/current/COMS1001

Semester 1:

- PHIL2607 Happiness and Mental Health (S1): https://handbook.flinders.edu.au/topics/current/PHIL2607
- DSRS3222 Introduction to Counselling Skills (S1): https://handbook.flinders.edu.au/topics/current/DSRS3222
- DSRS3221 Introduction to Positive Behaviour Support (S1): https://handbook.flinders.edu.au/topics/current/DSRS3221
- LLAW2215 Human Service Law and Practice (S1 & S2) [valuable for learning the legal, ethical, and regulatory frameworks for practice]: https://handbook.flinders.edu.au/topics/current/LLAW2215

Non-Semester:

- AGES2013 Roles, Relationships and Networks (Non-Semester 1 [NS1]): https://handbook.flinders.edu.au/topics/current/AGES2013

- AGES1004 Mental Health and Psychological Well-being in Later Life (NS1 & non-semester 2 [NS2]): https://handbook.flinders.edu.au/topics/current/AGES1004

- HLPE2411 Outdoor Adventures (NS2) [recommended if you want to be a camp counsellor and need some outdoor adventure experience]: https://handbook.flinders.edu.au/topics/current/HLPE2411

Semester 2:

- HLTH2105 Health: A Psychological Perspective (Semester 2 [S2]) [covers Health Psychology concepts]: https://handbook.flinders.edu.au/topics/current/HLTH2105

- BUSN2020 Consumer Behaviour (S2) [covers consumer behaviour in relation to marketing]: https://handbook.flinders.edu.au/topics/current/BUSN2020

- EXSC3010 Psychology of Exercise, Health and Behaviour Change: https://handbook.flinders.edu.au/topics/current/EXSC3010 (Semester 2) [You might need to have completed HLTH2105 before asking if you can do this topic]

- DSRS2234 Instructional Strategies (S2): https://handbook.flinders.edu.au/topics/current/DSRS2234

Cross-Institutional Elective Topics

If you are interested in psychology or mental health topics that are not offered at Flinders, you may be able to complete cross-institutional elective topics with approval from your course coordinator. These topics may be available online or in-person, and may run during semester, summer school, or non-semester periods. You can search for online psychology and mental health topics offered by other universities through Open Universities: https://www.open.edu.au/courses/subjects?studyLevel=Undergraduate&interestAreas=Psychology%20%26%20mental%20health.

For information about how to organise cross-institutional study, visit: https://students.flinders.edu.au/my-course/enrolment/cross-institutional-students.

Important note: Cross-institutional topics appear as a non-graded pass (NGP) on your Flinders transcript and do not count towards your Flinders GPA. However, you can request a transcript from the university where you completed the topic.

Starting Your Topics

You can usually access your topics on Canvas one week before they begin. We recommend syncing your Canvas calendar with your Outlook Calendar so that due dates and class times added by topic coordinators appear in one place. More information about setting this up is provided later in the guide.

As soon as your topics become available on Canvas, we recommend you fill out a study planner. We made a OneNote template for a digital study planner and note-taking book. Access it here: https://flinderspsychologystudents.com/onenote-semester-notebook-template/ .

Use your topic information and Canvas calendar as references to fill out a study planner or create a to-do list. If you use OneNote as a study planner, you can sync tasks made in OneNote with the Outlook To Do app so you receive notifications and reminders. Instructions for this are included in the OneNote notebook template we made.

You can also use your topic handbooks to create a grade calculator spreadsheet, especially if you are comfortable using Excel. This can help you set target marks for assessments and track your progress throughout the semester. For an example, visit: https://flinderspsychologystudents.com/grade-calculator-example/.

Mobile Apps to Have

Lost on Campus

Lost on Campus is a helpful navigation app used by many Flinders students to find classrooms, lecture theatres, study areas, and key facilities across campus. It provides directions and photos of building entrances, making it much easier to locate rooms, especially in large or unfamiliar areas like Bedford Park. It's particularly useful for new students during O'Week and the first few weeks of semester, helping you get where you need to go without the stress of feeling lost.

Free Microsoft Office Apps

With your Flinders University account (yourfan@flinders.edu.au), you can use Microsoft Office for free on your personal devices. This means that you can use Word, PowerPoint, OneNote, OneDrive, Teams, and more. To learn how to install the Microsoft apps on your laptop/computer, head here: https://students.flinders.edu.au/support/computing#home-use

Student Benefits Apps

Student discount apps can help you save money on a wide range of products and services, and **UNiDAYS** and **Student Edge** are two popular options among many available. Both platforms verify your student status and give you access to exclusive deals, promotions, and partner offers across fashion, technology, food, entertainment, and more.

Using Outlook Calendar for Semester Dates, Classes, and Assignment Deadlines

If you like using your phone for class reminders, consider downloading the Outlook app on all your devices. You can import both the Flinders University 'Semester Key Dates' calendar and your Canvas calendar into Outlook, using either the desktop or browser version. Outlook Calendar then syncs across your devices, making it easier

to view your schedule and receive notifications for events on your phone, computer, or compatible smart devices such as Amazon Echo.

Importing the 'Semester Key Dates' calendar to your Outlook Calendar

You can merge the 'Semester Key Dates' calendar on the Outlook computer app, and then it will automatically sync to all your devices. Follow the steps below to add the Key Semester dates to your calendar:

1. If you do not have the Outlook calendar app on your computer, you can download it through downloading the suite of Microsoft Office apps with your Flinders account (yourfan@flinders.edu.au): https://students.flinders.edu.au/support/computing#home-use.

2. Ensure your Flinders University account (yourfan@flinders.edu.au) is set as default on the Outlook desktop app, so that the key semester dates calendar will merge with your Flinders University calendar. To set your Flinders University account to the default account, follow the instructions via this link: https://support.microsoft.com/en-us/office/set-default-calendar-7c546486-0c7c-4870-964a-0d6eb4de83e0.

3. Click on this webpage link: https://students.flinders.edu.au/key-dates/semester-dates.

4. Click on the download button named 'Outlook - Semester dates' on the webpage, which downloads a calendar file.

5. Then follow these instructions to add or merge the calendar to the Outlook desktop app: https://support.microsoft.com/en-us/office/import-calendars-into-outlook-8e8364e1-400e-4c0f-a573-fe76b5a2d379. To merge the calendar to your student calendar make sure you select 'Import' instead of 'Open as New' as the last step in the instructions.

To learn how to import your Canvas calendar to Outlook:

1. Go on your Flinders Okta Dashboard and select the 'Outlook Mail' tile.

2. Then follow these instructions: https://community.canvaslms.com/t5/Student-Guide/How-do-I-subscribe-to-the-Calendar-feed-using-Outlook-com-as-a/ta-p/285**.**

How to manually create class 'events' on the Outlook calendar (browser version) if your Canvas calendar does not include your class events:

1. Download each of your topic handbooks on Canvas and open up the documents for reference of lectures/workshops/tutorials, etc.

2. Go on your Flinders Okta Dashboard and select the 'Outlook Mail' tile.

3. Click on the Calendar button and select 'New Event'.

For repeated classes (e.g. weekly lectures):

4a. Put in the date and time of your first class of your class series.

4b. In the 'Description', type in the location and room number of your class.

4c. Add a notification reminder by going to 'Alert' and selecting what time you want the alert to appear. For example; '1 day before' or '2 hours before'.

4d. In the 'Repeat' section, select 'Custom', which brings up a menu allowing you to select the days the class occurs, as well as how often.

4e. For the 'end date' of the occurrences of the classes, select the date in which your last class occurs.

4f. Click 'Save' to exit the pop-up menu.

4g. Once you are done making the event, click 'Save' again.

4h. Take note of days when the class does not repeat (e.g., mid-semester break and public holidays), and delete these singular events by selecting ‘Delete’ and then ‘This event’.

For once-off or occasional classes (e.g., only having a few tutorials in the semester):

4a. Put in the date and time of your first class as per the previous per step 4a.

4b. In the ‘Description’, type in the location and room number of your class.

4c. Add a notification reminder by going to ‘Alert’ and selecting what time you want the alert to appear, for example ‘1 day before’ or ‘2 hours before’.

4d. Once you are done making the event, click ‘Save’.

4e. If there is more than one class (e.g. Tutorial), you can duplicate the ‘Event’ and add it to a different day. Right click on the ‘Event’ and select ‘Duplicate’. Put in the new date and click ‘Save’.

Note-Taking and Organising Information

When taking notes, it is easy to record information without fully processing or consolidating what you are learning. The Cornell Note-Taking System can help you organise lecture content and improve recall. To learn how to use this method, visit: https://www.jmu.edu/lsi/resources/strategies/note-taking.shtml.

You can also learn about note-taking and other useful learning strategies in the elective PSYC1108 The Psychology of Surviving and Thriving.

Tip: If you prefer annotating lecture slides, you can import slides into OneNote and write notes directly on or next to them: https://support.microsoft.com/en-us/office/take-notes-on-top-of-slides-in-onenote-for-windows-e5cc900c-7cb6-420e-9751-e44548ce7e7e#:~:text=Create%20or%20open%20a%20page,OneNote%2C%20and%20then%20click%20Insert. You can use this

approach in the digital OneNote notebook mentioned earlier, which includes page templates for Cornell note-taking.

Digital Sticky Notes

If you want digital sticky notes to stay visible on your laptop or computer, you can set up OneNote Sticky Notes to open automatically when your device starts. You can also use docked mode, so your notes remain visible on screen while you open other programs. A tutorial is available here: https://www.youtube.com/watch?v=YxBCWRJxjYc.

Automatic Lecture Captions and Microsoft Word Transcription

If you prefer captions while watching lecture recordings, you can turn on automatic captions in Google Chrome. This setting displays captions when you play online videos. To learn how to set up automatic captions in Chrome, visit: https://support.google.com/chrome/answer/10538231.

If you would also like a transcript to support your lecture viewing, you can use Microsoft Word online to transcribe a lecture recording. First, download the lecture video if your lecturer has enabled downloads. Then upload the recording to Word online and use the transcription feature. Instructions are available here: https://support.microsoft.com/en-us/office/transcribe-your-recordings-7fc2efec-245e-45f0-b053-2a97531ecf57.

Learning Strategies

Many students cram content before exams, but cramming is not a strong long-term learning strategy. It may help you pass, or even do well in, an exam, but the information is often not retained months later. As future graduates, it is important to build learning habits that help you remember and apply key knowledge in your chosen career.

Dunlosky et al. (2013) compared a range of learning strategies and identified several that are more effective for consolidating memory. The strongest strategies include

practice testing and **distributed practice**. Other useful approaches include elaborative interrogation, self-explanation, and interleaved practice. In contrast, cramming and highlighting notes are less effective as standalone study methods. To learn more about these strategies, visit: https://www.learningscientists.org/.

Retrieval Practice Tip

For retrieval practice, you can use Quizlet to create flashcards and self-testing activities. You could even share your Quizlet flashcards with friends in your cohort and swap tests. If you are using the OneNote template and the Cornell note-taking template pages, you can gather all the questions from the left-hand column of your Cornell notes and turn them into flashcards for practice testing.

Concept Mapping Tool

Concept mapping is a study strategy that can make use of metacognition, helping you organise and simplify information in a visual format so you can clearly see which ideas you understand, and which ones need further learning. You can watch a short explanation of metacognition here: https://www.youtube.com/embed/f-4N7OxSMok, explore the benefits of concept mapping here: https://www.globalcognition.org/3-ways-concept-maps-help-you-learn/, and learn how to create your own concept maps using this guide: http://ctools.msu.edu/ctools/How-to-Cmap.pdf. If you want a simple, one-off-purchase concept-mapping program, SimpleMind is a great option: https://simplemind.eu/.

Study and Wellbeing

Flinders University offers a wide range of study and wellbeing support, with the Better U initiative providing access to workshops, mental health guides, wellbeing programs, and mailing lists through https://www.flinders.edu.au/betteru, alongside regular blog updates you can subscribe to at this link. You can also book 30-minute sessions with Student Success and Wellbeing Advisors to discuss goals, explore options, and work through challenges via

https://students.flinders.edu.au/support/student-success-wellbeing-advisors. Flinders additionally provides health, disability, and counselling services, which you can explore at https://students.flinders.edu.au/support/hcd/health. For a full overview of supports across all areas including legal, financial, academic, and wellbeing, you can view the Student Support and Services Directory here: https://blogs.flinders.edu.au/student-health-and-well-being/2025/03/19/student-support-and-services-directory/. Beyond university resources, the Medicare Mental Health webpage at https://www.medicarementalhealth.gov.au/finding-help/accessing-mental-health-services can help you find external mental health support, and you can also explore free online mental health programs outlined here: https://blogs.flinders.edu.au/student-health-and-well-being/2026/01/05/online-cbt-courses/.

Study and Writing Help

There is a wide range of study and writing support offered by Flinders University below.

- To access writing resources, head here: https://students.flinders.edu.au/support/slss/online-guides/writing-resources
- You can access the SLSS online topic full of writing guides on Canvas via this link: https://flolinks.flinders.edu.au/slsscanvas
- Visit the Learning Lounge for body-doubling sessions and drop-in or one-on-one support with a learning advisor: https://students.flinders.edu.au/support/slss/learning-advisors#learning-lounge
- Additional 24/7 study support is provided through Study Buddy and Feedback Buddy. They are AI tools that assist with drafting assignments and tutoring via your Flinders Okta Dashboard: https://students.flinders.edu.au/support/slss/learning-advisors#learningbuddies

- The Student Learning Support Service also run writing workshops, which you can attend as a student: https://students.flinders.edu.au/support/slss#workshops
- You can ask to undertake COMS1001 Academic and Professional Communication as an elective to learn advanced grammar and other writing skills.

Referencing Throughout Your Psychology Degree

Psychology uses the American Psychological Association (APA) system to format documents and reference sources of information. Referencing is essential to avoid plagiarism and maintain academic integrity.

Flinders University has guides on several referencing styles, including one for APA, found here:

https://students.flinders.edu.au/support/slss/online-guides/referencing-resources.

Students must abide by the academic integrity policy:

https://students.flinders.edu.au/my-course/academic-integrity.

Databases

You can search for journal articles through Findit@Flinders, the university's main database accessible from your Flinders Okta dashboard, and you can also use Google Scholar (https://scholar.google.com/) by linking it to the Findit@Flinders database so your search results show which articles are available through Flinders' electronic journal subscriptions. To set this up, log into your Google account, open the settings page at https://scholar.google.com/scholar_settings?sciifh=1&hl=en&as_sdt=0,5#2, type 'Flinders University' into the Library Links search bar, select it, and tick the 'Flinders University – Findit@Flinders' box (you may be prompted to log into the Flinders

portal). If you need help searching for information, the library provides guidance and support at https://library.flinders.edu.au/library-gateway/students.

Free Referencing Tool (Zotero)

Zotero is an excellent free referencing tool that you can continue using long after your studies, allowing you to build libraries on your computer to store references and PDFs, annotate them, and even export those annotations to OneNote. By creating a free Zotero account, you can sync your libraries across devices. The Zotero browser extension automatically detects references and PDFs on webpages such as journal articles and with one click imports them directly into your library. You can also link Zotero to Microsoft Word to insert in-text citations and generate reference lists that update automatically as you write. You can download Zotero at https://www.zotero.org/download/ and learn how to use it through this video: https://www.youtube.com/watch?v=JG7Uq_JFDzE .

Formatting Your Assignments

To comply with APA style, you need to follow specific layout and formatting rules when preparing your assignments, and the APA website provides a student sample paper you can use as a model. You can even download their Word version of the sample paper and adapt it into a template for your own work. You can find the APA student example paper here: https://apastyle.apa.org/style-grammar-guidelines/paper-format/sample-papers.

Research Methods Resources

In your degree, you will learn about research methods in psychology and use a statistical program to analyse data. Although more advanced methods and tools are usually introduced in second year and beyond, you may want to keep the following resources for later use. Your research methods coordinators will provide guides, but if you'd like additional support, the resources below are helpful:

- Online modules and resources on evaluating research at: https://www.ciap.health.nsw.gov.au/training/ebp-learning-modules/
- SPSS and statistical guides at: https://statistics.laerd.com/
- Advanced statistics resources, such as The Analysis Factor (https://www.theanalysisfactor.com/resources/), SPSS output help from UCLA (https://stats.oarc.ucla.edu/spss/), and regression materials at https://www.restore.ac.uk/srme/www/fac/soc/wie/research-new/srme/index.html

Flinders University Services & Contacts

You can access a comprehensive directory of services and supports at Flinders via this link: https://blogs.flinders.edu.au/student-health-and-well-being/2025/03/19/student-support-and-services-directory/ .

Health, Wellbeing and Disability Services

OASIS, community wellbeing centre

Ph: 8201 3530

Oasis, Function Centre (opposite Carpark 5)

Humanities Road, Bedford Park Adelaide, SA, Australia 5042

Health and Counselling Services

Ph: 8201 2118

Level 3, Student Services Centre (next to the Sports Centre)

Flinders University, Sturt Rd,

Bedford Park SA 5042

Disability Services

Ph: 8201 2118

Opposite the Health Service in the Union Building Basement (rooms B10

to B10D)

Both the Health, Counselling and Disability Services are open: 8:45am to 5:00pm, Monday to Friday (including vacation periods, but excluding Christmas and New Year periods).

After Hours Crisis Hotline

Ph: 1300 512 409

Academic, Learning and Study Services

Student Learning Support Service:

SLSS offers support in:

Academic writing, Maths, Endnote, General skills, Statistics & Referencing

SLSS online guides can easily be found in Canvas under “My Topics” in “SLSS - Student Learning Support Services”.

Academic Advocacy:

Unhappy with a grade? Having an issue with a tutor or lecturer?

Placement giving you a headache?

Contact FUSA’s Academic Advocacy team for some assistance: fill in the form on the website, https://fusa.edu.au/academic-advocacy/ .

Student Health and Wellbeing:

Flinders write regular blogs on study tips,

academic success and wellbeing during your study.

Check them out here:

https://blogs.flinders.edu.au/student-health-and-well-being/category/academic-skills/

Career Hub

Flinders University's own Career Hub is a central place to find employment opportunities, career events and resources. Employment (and volunteering) opportunities can be found using their extensive search engine and it is here that the horizon award events are listed for browsing and sign up. Notably for first year students, through Career Hub you will be able to find critical resources for applications such as how to write a resume, cover letter and how to prepare for an interview.

See more at https://careerhub.flinders.edu.au/.

Flinders Horizon Award

The Flinders Horizon Award program is an extra-curricular university program allowing opportunity to improve your professional skills and gain new experiences and insights that will benefit you now and in your future career.

See more at https://students.flinders.edu.au/support/careers/horizon

Library-Based Academic Services:

Learning Lounge:

The learning lounge can help you:

Understand your assignment, structure your assignment, express your ideas, enhance writing, understanding referencing, improve grammar, & editing and maths skills.

You can book in-person sessions in The Commons on Level 2 of the Central Library or book online at the Learning Lounge homepage ->(Support from Learning Advisors - Flinders University Students).

Alternatively, you can simply book a librarian for general library assistance: https://library.flinders.edu.au/services/bookings/book-a-librarian.

Other Library Services

Central Library Opening Hours:

(With library assistance) Monday-Friday 9am-5pm

Open 24/7 with card access: Contact security (security@flinders.edu.au) with your student ID details for afterhours access (this will be important later on!)

Other campus libraries:

Sturt Library (with library assistance) Monday-Friday 9am-5pm.

Open 24/7 with card access (same as above).

Printing:

Printers are located on all floors of the Central Library and also can be found at other campuses such as Sturt. You can print from your personal devices or from the library computers by adding funds to your printing account. For help on how to print, head here: https://students.flinders.edu.au/support/computing/it-on-campus#printing. Alternatively, you may visit the physical printing help desk inside Central Library Level 1 during office hours for a variety of printing and copying services.

Borrowing:

Undergraduates can borrow up to 100 books at one time. Simply use your student ID card at the self-service checkouts to borrow (or ask a librarian for assistance).

Further, Findit@Flinders is the main online resource for the library, where you can instantly access many articles, books and media. You can find FindIt@Flinders via your Flinders Okta dashboard.

Room bookings:

You can book a study room in the Hub, Central or Sturt Library, or a librarian, at: https://library.flinders.edu.au/services/bookings.

Other Relevant Contacts

Australian Psychological Society (APS)

There are certain professional provisions psychology students should be aware of, especially those considering postgraduate education. After progressing through your pathway, organisations like the APS (Australian Psychology Association; https://www.psychology.org.au/) exist to represent those employed in psychology.

After one has become a psychologist, however, in any capacity, they must register with the board of psychology - AHPRA (https://www.ahpra.gov.au/).

First Year Faculty Contacts

Professor Lydia Woodyatt – Teaching Program Director

lydia.woodyatt@flinders.edu.au

First Year Topic Coordinators

Dr Georgina Maddox – PSYC1101 Psychology1A

georgina.maddox@flinders.edu.au

Mr Matt Christian - PSYC1106 Research Methods 1

matt.christian@flinders.edu.au

FPSA Contacts

General Secretary: ask@flindersfpsa.com

general enquiries

Welfare Officer: welfare@flindersfpsa.com

wellbeing and social justice related enquiries

President & Vice President: president@flindersfpsa.com

FPSA Social Media & Online Student Communities

Flinders Psych Students & Alumni Discord Server via Flinders Uni Hub:

https://discord.gg/FWRMTkaSNK

Facebook group: www.facebook.com/groups/flinderspsychstudentsandalumni/

Facebook: @flinderspsychologystudentsassociation

Instagram: @flindersfpsa

Have a great year!

We'll be here if you need us.