

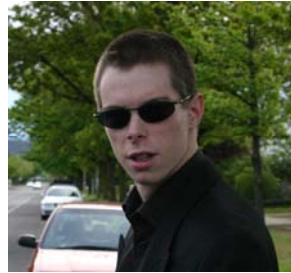


ANU Golden Key Newsletter #1, 2006

From The President:

Wow. Is it Easter break already? How time flies. So many things to do, so little time to do them. We have so many events planned for this year you would be mad not to get involved.

If you have been invited to join us this year, I heavily encourage you to join. Golden Key isn't just about beefing up your resume and getting scholarships (though we do care about that), it is about getting involved in your university, and using your talents and abilities to their full potential. If you want to become the best person you possibly can be, join up. You won't regret it.



*Gerard Atkinson,
ANU Chapter President*

The 2006 Executive

A new year, a new executive! Here's the run down of who's in charge this year. Remember, if you want to get involved, all you have to do is come along to one of our meetings. They are at 1pm Mondays in the Pauline Griffin Building Meeting Room (near Student Admin).

The Executive:

President: Gerard Atkinson
Vice President: Natalie Spillman
Treasurer: Jeffrey Lai
General Secretary: Sandy Tian
Careers Officer: Caroline Dubs
Education Officer: Sandy Tian
Honourary Members Officer:
Caroline Dubs
Webmaster: Pauline Wang
General Members: Krystell Klingler,
Krissy Moore, Oliver Mendoza,
Jessica Twigg, Gerard Vong

Contact Details:

Email: president@anu.golden-key.org
Office: LG1, Crisp Building (near Queer Space)
Office Hours: 1300-1400 Wednesdays
Meeting Times: 1300 Mondays, Pauline Griffin Building Meeting Room
Website: <http://goldenkey.anu.edu.au>

What is Golden Key?

Golden Key is an academic honour society which recognizes and encourages scholastic achievement and excellence among college and university students from all academic disciplines. The Society awards its members over \$400,000 annually through 17 different scholarship and award programs.

Members are connected to exclusive career opportunities and assistance through Golden Key's partnerships with major corporations and graduate programs. The Society provides campus and community service opportunities enabling personal growth and leadership development as well as collaborating with university faculty and administrators to develop and maintain high standards of education.

Golden Key International Honour Society, founded in 1977, recognizes university students solely on the basis of their academic achievements. Since its founding in 1977, Golden Key International Honour Society has emerged as one of the most dynamic, forward-thinking organizations in higher education. Committed to an ethos of recognizing academic achievement and encouraging altruistic service, the Society's on-campus presence has reached nearly 350 campuses in seven countries including Australia, Canada, Malaysia, New Zealand, South Africa, the United Arab Emirates and the United States.

In an effort to reflect the Society's diversity and international presence, Golden Key uses the globally accepted spelling of "honour" in its name.

Adapted from www.goldenkey.org

Check out our new website!!! <http://goldenkey.anu.edu.au>

Public Speaking Do's and Don't's

by *Eszter Hargittai*

As Jerry Seinfeld once noted, at a funeral, most people would rather be in the casket than giving the eulogy, since public speaking stresses people out more than death. But giving talks doesn't have to be such a frightening affair. Whether you're giving a talk at your local library, updating your colleagues on work progress, or presenting to a large group of strangers, there are some simple steps that should help make public speaking a better experience - for both you and your audience.

Presentation format

Before you start planning your presentation, find out from the organizers how much time you have and what format they envision for your talk. Will you be part of a panel or will you be speaking alone? Will you be in a regular session or are you the dinner speaker? Do you have 15 minutes or an hour? Do they prefer to leave time for questions? If yes, does that come out of the allocated time you have been quoted? It is important to know what is expected of you so you can be well prepared and not have to scramble last minute to readjust your talk due to unanticipated logistics.

Audience

Get information about who will be attending your presentation. Will the head of the company be there or just co-workers? Are all participants experts at the topic or will there be novices present? Is there a mixed group of people representing different backgrounds or is everyone on the same page regarding technicalities? Depending on the audience, you will have to spend some time giving varying degrees of background on the material and explaining certain concepts.

Location

If you have the opportunity, take a look at the location before the time of the talk. It will help you visualize the context of the event and ensure that you are not caught off guard by peculiarities of the space.

The take-away message

If someone who missed your talk were to ask an audience member in the elevator to sum it up, what would you like that person to say? Focus on that message. Start out with this summary statement in mind and build your presentation around it.

Outline

Once you have an idea of your presentation's main message, spend some time thinking about the structure of the entire talk. All of the material you cover should contribute toward communicating your core message effectively. Start by writing an outline of the talk including main sections and subsections.

Strong start

The first couple of minutes of your talk should be the most prepared and polished. You want to get off to a good start. Those are likely to be the most nervous moments so it is best not to leave anything to chance. By being well prepared, you can convey your messages with confidence. It is important to establish early on that you are prepared and are worth people's attention.

Motivation

Spend a bit of time up front talking about the inspiration and importance of your message. Listeners should get a bit of background on what motivated your work or project in the first place. What may be a fascinating topic to you may not be to the next person so don't take for granted people's interest in the issues you are discussing. Explain why they should pay attention and why your comments matter.

Timing

People rarely want to listen to someone for longer than the allotted time. Few people are such amazing speakers that an audience can't get enough of them. Do not assume you are one of those few. Wrap up your talk on time. To achieve this goal, ask someone to give you time cues by indicating when you have five minutes left, two minutes and when you have run out of time. Once you get the last notice, you should stop talking.

A common pitfall for presenters is to add unprepared introductory remarks to their talk. The temptation of addressing previous speakers is great, but beware. If your total allotted time is 15 minutes (a frequent limit with many speaking engagements), adding a 3 minute intro (not to mention longer!) will use up 20 percent of your time. However, this is something no one ever builds into their talk. Either prepare for this or let go of the temptation to add commentary at the last minute.

Flexibility

Organize your talk and know it well enough to have the flexibility to skip certain parts or expand on others depending on the circumstances. For example, if you do add a last-minute introduction (as per the previous point), be flexible to skip a part of the prepared content.

Confidence and enthusiasm

You have been chosen as a speaker because you know your topic. Make sure that you exert confidence during your presentation. Don't apologize for what you don't have with you to present or what you do not know. Rather, focus on what you can talk about and discuss the material with confidence. This does not mean that you should be arrogant or patronizing. It means that you should look comfortable covering the material.

Be sure to enjoy your talk and show your enthusiasm about the content. Your interest in the topic will be contagious and will likely result in a more engaged audience.

Question-and-answer session

If there is a Q&A segment then be sure to keep a polite demeanor throughout. Thank people for their questions and feel free to praise them for good points. If you are not sure how to respond to a query then express your appreciation for the insightful comment and note that you will look into it.

Practice makes perfect

Practice the presentation a few times: more if you have less experience, less if you are a more seasoned public speaker. It can be especially helpful to give the talk to someone who is not in your field and is not intimately familiar with the material. This is helpful in seeing whether you have made the talk too narrowly focused or overly technical. Such a practice session does not have to involve the entire talk, it can consist of telling someone about your presentation outline.

Don't write out the material word-by-word and don't plan on reading text even if you do have it all written down. Having the text written out and parts of it memorized will constrain you. Memorize the structure of the talk and the outline, but not every word.

Contact information

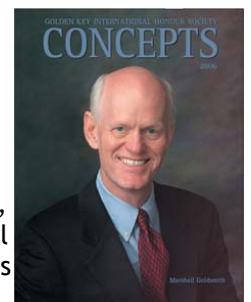
Finish by giving the audience some contact information, including an email address and Web site when applicable. Mention that you welcome people's feedback and they should feel free to ask you questions either after the session or by sending you email.

Do you have any more tips for making one's next public speaking engagement less terrifying? Let us know in the comments or at tips at lifehacker.com.

[Eszter Hargittai](#) is an assistant professor at Northwestern University. She frequently gives talks across the U.S. and around the globe about her research on people's Internet uses and also has experience teaching in the classroom. She thanks fellow Northwestern faculty member [Lisa Margulis](#) for brainstorming about presentation tips listed in this piece.

GK Concepts 2006 Issue is Here!

Since its founding, over 25 years ago, Golden Key has communicated with its members through its publications. CONCEPTS, the Society's award-winning, annual magazine, was first published and sent to all members in 1978. The Society has always relied on its outstanding members to submit articles for CONCEPTS. CONCEPTS is a benefit of Golden Key membership and can be ordered by contacting aphq@goldenkey.org. (Postage and handling charges apply for all orders.)



Recent Events

Oxfam's 40th Walk Against Want

This year was the 40th anniversary of the Walk against Want, which is one of Oxfam's major fundraisers to raise funds for their developmental work in 23 countries. 2006 was the last year it will be held as an Australia-wide fundraising event. The walk in the ACT was held on the 12th of March, starting at Rond Terrace at Commonwealth Park. We walked for around an hour around the picturesque lake and it was a relaxing and enjoyable way to start a Sunday morning. There were over 500 people, both young and old who made it round the circuit and Oxfam hopes to raise around \$40,000. Unfortunately the turn-out from GK members was a little low, but Gerard and I certainly enjoyed the free chocolate hot cross buns and the great entertainment afterwards, including some juggling and belly-dancers. Through sponsorship the walk raises funds for Oxfam program work, which leads to the development of skills, resources and support that is needed to help solve poverty and injustice. Some examples of the sorts of programs that the fundraiser helps to support include establishing literacy training in Cambodia to provide adults with the reading skills necessary to access vital information on health care and farming practices, setting up education programs in Zimbabwe to inform young people about HIV and AIDS and reproductive health and initiating a free-call telephone help-line for women experiencing domestic violence in India. For more information, or to see how you can be more involved with another of Oxfam's endeavours, see: <http://www.oxfam.org.au/walk/>



A unicyclist finishes the Walk Against Want

Natalie Spillman

Clean Up Australia Day 2006



Clean Up Australia Day is a national day in which volunteers participate in cleaning up areas around the country. This year, the ANU chapter ran the event for the entire university, advertising the event on campus, and working with Ursula College, Bruce Hall and the Students Association to enlist people in the cleanup. As an incentive, prizes of CD Gift Cards and McDonald's vouchers were offered).

We had 45 people attend in total, collecting a mammoth 27 bags of rubbish, from cigarette butts to bikes.

It was also an opportunity to raise the profile of GK on campus, and we distributed brochures for the organisation as part of our registration package, and placed the organisation logo on the advertising posters for the event.

Gerard Atkinson

GKConnect:

The 2006 Golden Key International Honour Society Asia-Pacific Leadership Conference



Conference delegates attending a panel workshop on recruitment. The panel included recruiters from Australia's largest organizations, including Holden, DFAT and the Department of Defence.

On the 2-4 February, the newly refurbished RACV club in Melbourne played host to the annual Golden Key Asia-Pacific Conference. Chapters from around Australia, New Zealand, Malaysia as well as South Africa sent delegates to the highlight event of the regional calendar. The ANU was well represented at both the advisor and student levels. In attendance were all three chapter advisors, Selwyn Cornish, Elizabeth Ormerod and Nathan Asher, as well as Chapter President Gerard Atkinson and myself.

The Asia-Pacific Conference is an opportunity for members of the various chapters within the region to come together to share their Golden Key experiences from involvement in organising events and activities while also nurturing leadership skills, community service and career development opportunities. The conference also showcased an impressive list of speakers that broadened the perspective and challenged each of the delegates to consider their role as future leaders within society.

The event was officially opened by the Lord Mayor of Melbourne John So before the conference was then entertained by a very impressive and entertaining talk from Macquarie University Vice-Chancellor and long-term Golden Key advocate Professor Di Yerbury. The post dinner evening of trivia fun followed and the ANU won first prize.

The second day of the conference was focused upon chapter workshops where individual chapters shared their experiences on topics as diverse as campus integration, education outreach, chapter brand management and web based technology. The professionalism of the chapters was outstanding and the myriad of projects and the wealth of experience that was evident across the Society was testimony to the impact that Golden Key has in promoting the growth and development of its members. The conference was also fortunate enough to hear Jeff McMullen speak passionately about Ian Thorpe's Fountain for youth and the work the organization does in actively promoting indigenous health in Australia. For all the benefits that Golden Key can provide its talented members, perhaps the most valuable and enriching is the opportunity to stretch the boundaries of our comfort zone and to contribute positively to the community around us. Jeff reminded each of us the responsibilities that we have in this regard.

After a late evening of free time including experiencing the Melbourne night life with new friends, the final day of the conference shifted focus to a careers day. Graduate recruiters and employment specialists took part and shared their wisdom in job seeking and building a career. This was a chance to network and to gain an insight into the future career opportunities that are available and was of particular interest to soon to be graduates. Moreover, Former NSW Young Australian of the Year Peter Sheahan facilitated the day and spoke of being an entrepreneur and techniques in getting ahead in the competitive workforce. The events of the day were concluded with a special talk from Tony Wheeler, the founder of Lonely Planet. The amazing experiences that Tony spoke of including traveling from the Swiss Alps to Afghanistan in an old van bought for 60 pounds highlighted the risks and rewards of taking a chance and the real depth and honesty with which he spoke inspired everyone to reconsider their priorities in life.

The final part of the conference was the concluding gala dinner. The evening setting accentuated the very impressive venue of the top floor of the RACV club that overlooked the Melbourne skyline. The keynote speaker of the evening was ANU Vice-Chancellor Ian Chubb who spoke of obligations that we as Golden Key members have and was indeed an apt way to sum up the events of the past three days. Being part of Golden Key is a privilege and the theme of personal growth, taking opportunities and accepting responsibility in life was a recurrent message of all who spoke at the conference and are lessons that will not be easily forgotten by anyone that took part.

The Golden Key Asia Pacific Conference was a fantastic experience and broadened my perspective on what Golden Key can offer its members. I would especially like to thank the Vice-Chancellor Ian Chubb for his financial support and also the ANU Chapter advisors for their continued support and advice in promoting our involvement in such events.

Jeffrey Lai

Golden Key ANU and BeyondBlue

You might have seen us on campus handing out flyers about depression. You are probably wondering why we want to associate ourselves with such a miserable subject.

It is because people think it is a miserable subject, and avoid it, that Golden Key ANU has decided to make a change. We are teaming up with BeyondBlue, the national depression awareness initiative, in order to raise awareness of mental health issues on campus.

Depression affects 1 in 5 Australians, and chances are, you know one of them. You may even be one of them. What many people don't realize, however, is that depression, anxiety and other related diseases are treatable. We aim to raise awareness of this, and in doing so improve this worrying statistic.

As such, we are in the process of developing a pilot program for universities to train students and staff in being aware of the symptoms of depression, and enable them to deal with it effectively. Our aim is to create a program that can be exported to universities across Australia, using the network of Golden Key chapters nationwide.

If you want to get involved in this ambitious but worthy project, email: president@anu.golden-key.org

Upcoming Events

3 April: GKANU Information night, Manning Clark Foyer 5pm

3-5 April: GK Week, Union Court, 11:30am-1:30pm

11 May: New Members Induction, University House, 6pm

24 May: Honourary Members Night, Manning Clark House

25 May: World's Biggest Morning Tea, Manning Clark Foyer

26 July: New Members Dinner, University House

10-13 August: International Conference, Scottsdale, Arizona