



ANU Golden Key

Newsletter 1
O-Week, 2007

President's Welcome

Dear ANU Golden Key Members,

Welcome back to uni for 2007! I hope you are all looking forward to another successful and enjoyable year. I know that the entire Chapter Executive is excited about the great calendar of events that we are organising, including charity fundraisers, volunteer tutoring, career events and social activities. Our main priority though is to engage you, our members. So if there is something you would like to see us do, an event you want to organise, or just have some ideas you want to share then feel free to let me know. I encourage you to use your membership of Golden Key to your advantage and to contribute to the broader community by coming along to events, meeting a great group of people and having some fun. Golden Key is unique on campus and with access to scholarships, conferences, career resources and Chapter leadership opportunities is a fantastic means to further your personal and professional development, to broaden your networking and to have a great time doing it!



I look forward to seeing you throughout the year.
Jeffrey Lai (goldenkeyanu@gmail.com)

Meet your 2007 Executive Committee

President: Jeffrey Lai (1st year MBBS/PhD in biostatistics/epidemiology)
Vice President (Service and Outreach) and Newsletter Editor: Natalie Spillman (Honours, PhB(Science))
Vice President (Social): Bella Nguyen (3rd year, BSc (Biotech))
Treasurer: Jessica Twigg (3rd year; Actuarial Studies)
Corresponding Secretary: Sandy Tian (Honours, Actuarial Studies)
General Secretary: Shuyin Tang (3rd year, PhB(Arts))
Public Relations: Luisa De Liseo (3rd year, PhB(Arts))
Honorary Members:
Alumni Director: Madeleine Rowland (4th year, BA/LLB)
Education Service/Volunteer Tutoring Director: Hannah Elstub (3rd year, BSc)
Honorary Members Officer: Nabet Sedghi
Webmaster: Catherine Pellegrino (4th year, Economics)
Community Director: Zheng Bo Wang (3rd year, Engineering/Science)
General Member Representation: Christopher Karsten and Caroline Dubs (BEc/LLB)

UPCOMING EVENTS

4th March: Clean Up Australia Day
8th March: Public Lecture by Professor Larry Saha (Student, Alumni and Honorary members event)
27th-28th March: Golden Key Information Booth in Union Court
28th March: Golden Key Information Night
6th April: Disco Theme Ice-Skating Night
10th May: 2007 Induction Ceremony
24th May: Australia's Biggest Morning Tea

Contact Details

Email: goldenkeyanu@gmail.com
Office: LG1 in the Crisp Building
<http://goldenkey.anu.edu.au> <http://www.goldenkey.org>

Want your name in print?

The award-winning, annual Golden Key magazine, CONCEPTS, is your chance! Any interested members should write a short article (visit the GK website for details and how to submit). Or, if you would like to purchase the 2007 edition, contact aphq@goldenkey.org (Postage and handling charges apply).

Coming Up!

Public Lecture by Professor Larry Saha

Date: Thursday 8 March

Time: 6pm

Venue: Hayden Allen Tank

Who: Honorary Members Function: Student Members, Alumni Members, Honorary Members and guests

Professor Larry Saha will be discussing the issue of body image in relation to self-identity. This presentation stems from Professor Saha's recent school study of eating disorders, but has implications for people of all ages and body types. Finger food and light drinks will be provided after the lecture.

Professor Saha (BA, MA, PhD) is the former Dean of the Faculty of Arts and is currently an Adjunct Professor at the ANU. He has published widely on an international level in the fields of comparative education, education and national development, and political socialisation among youth. As a long standing lecturer in sociology, Professor Saha is best known among students for his excellent teaching, extremely comprehensive lecture notes and approachability.

Ice-Skating Disco Night

Social Event - Friday 6th of April 2007

Time: 8.30p.m - 11.00p.m

Where: Ice Skating Rink in Phillip

Cost: \$13 per person including shoe hire

You know you have the fever, the fever for boogie! So put on your fro, and your flares and come along to the ice-skating event! Okay, we're just kidding, don't bring your fro, but bring your friends and partners, and do your best imitation of John Travolta on the ice ring!



Volunteers at last years Clean Up Australia Day

Clean Up Australia Day

Date and time: 4th March at 10:30am

Where: Meet in union court on the terraced seating

Join hundreds of volunteers across Australia to clean up the nation we are so proud of. We'll be coordinating the cleaning of Union court, especially around Sullivan's Creek. Last year we found a pizza delivery bag and parts of a bike!

Get Involved...It's YOUR chapter!

Would you like to help out with a particular event that we have planned in the future? Or maybe you have some great new ideas? Perhaps you'd just like to help out the ANU chapter in general. There is still room on the executive for enthusiastic people who'd like to get involved in the running of GK events. Absolutely no experience is necessary, and it looks great on your resume! Speak to one of the current exec members at one of the events, or email Jeff (jeffrey.lai@anu.edu.au) for ways that you can get involved.

Member profiles: Bella Nguyen

Hi guys!

I'm Bella and I'm the Vice-President for the Social Committee this year. I am a third year Biotechnology student and I enjoy Chinese food, romantic comedies, ice-cream, spring rolls and singing badly in the shower!



The Committee has alot of fun new events planned for this year, so come along and show your support! If you see me around campus, stop me and ask about them, or just have a quick chat with me, I'm friendly and I promise I won't bite! =>

Meet our advisors

We are lucky enough to have three brilliant advisors for our chapter, who make sure we are on track with all our activities. They are Elizabeth Ormerod, Nathan Asher and Selwyn Cornish.

Selwyn has been involved with the ANU chapter since it began in 1995 and at present he is also the Golden Key Australian Academic Advisor. Around the university he is a member of the School of Economics and he is also Head of Toad Hall. Elizabeth not only is one of our honorary members, but she's also an advisor. Some of you may have seen Elizabeth around in the Mathematics department here at ANU or as a Sub Dean for Science. Finally, our most recent addition to the team is Nathan, who is Assistant Director of Student and Academic Services. He has previously been involved in Golden Key at the University of Wollongong as deputy registrar and advisor.

What is ANU Golden Key?

The society's mission is to build global communities of academic achievers by providing opportunities for individual growth through leadership, career development, networking and service. The ANU chapter organises and participates in over 20 events each year such as Clean Up Australia Day, the World's Biggest Morning Tea, Red Cross blood donation, social functions, student conventions, volunteer tutoring & seminars.

We now have a Facebook presence! Visit <http://anuedu.facebook.com> where you can socialise online with fellow members, and keep track of upcoming events and scholarship deadlines.

Golden Key Book Exchange

This year the ANU Chapter is coordinating a book exchange for text books, non-fiction and fiction books. There is no cost for you to be involved. Simply email the coordinator, Bella (goldenkeyanu@gmail.com), with the name of the book and other bibliographical details, and include the condition of the book (I.e. notes/ highlighted throughout, dog-eared etc.). Your book will then be advertised on the GK ANU website. We will keep an updated running list of the available books on the website. If you see another book you like, email Bella and she will organise a reasonable swap. It's as easy as that!

Semester 2, 2006– A Review

Tournament of Minds

On September 2 and 3, 2006 lots of eager members were a judge at ACT Tournament of Minds – a problem-solving event for children from Primary and Secondary schools. Tournament of Minds is a national program that encourages students to work co-operatively, to be creative and to take risks in their challenge solutions. GK members volunteered as a Judge or Announcer, and gave up a morning or afternoon to help. Judges give scores to the children according to specific criteria, give positive feedback to the children on their presentation, and ensure that the rules are followed. GK has had a long history of being involved in this event, providing volunteer judges consistently. The involvement has grown to the point where we have been invited to become part of the organising committee in future events, especially in 2007 where the ANU will be hosting the national final.

International Conference in Arizona

The 2006 Golden Key International Conference was held in Scottsdale, Arizona on 10-13 August and the ANU chapter sent four delegates to live amongst the cacti for a few days. A great time was had by all; the guest speakers were very enthusiastic and we all learnt how to run events more effectively. We also had a graduate information stall promoting overseas students to come to the ANU.

Members catching up for a social drink



Our stall at the international conference

Fountain for Youth Week

We held a fundraising and activity drive for Fountain For Youth between the 16 and 21st October, 2006. This charity established by Ian Thorpe raises money so that all children can have the opportunity to lead a healthy and fulfilling life. This year we raised money for literacy programs in indigenous communities as part of a nationwide Golden Key initiative. Three events were held to raise money for Fountain For Youth:

- Tea, Coffee and Scones in Manning Clark
- Gold Coin BBQ in Union Court
- Movie Night-Indiana Jones

Careers Night

Are you aware that the bulk of job vacancies aren't even advertised? Thirty of our members found out how to take advantage of these employment opportunities when they came to GKANU's career workshop. It was held in conjunction with the ANU Careers Centre. The night was very informative and the free pizza and drinks at the end were great!

2007 ANU GK– The Year in Review

We look forward to seeing you at many of our events. Stay tuned to the website and email updates for dates and times.

Teaching Period	Event	Teaching Period	Event (Tentative plan for Semester 2)
1	Market Day Stall (Feb 14)	3	International Conference in Atlanta (Aug 2-5)
	Clean Up Australia Day (Mar 4)		Careers Night
	Public Lecture: Prof Saha (Week 4)		Tournament of Minds Judging
	Ice Skating Disco Night (Apr 6)		ANU Open Day
	GK Information Evening (Mar 28)		Social Night
2	Induction Ceremony (May 10)	4	Honorary Members Function
	New Members Event (TBA)		Trivia Night
	World's Biggest Morning Tea (May 24)		

GOAL SETTING– Tips for setting goals and resolutions for 2007 from Golden Key partner ACCENTURE.

To help you set goals and resolutions for 2007, consider the following:

- State each goal as a positive statement: Express your goals positively - "Execute this technique well" is a much better goal than "Don't make this stupid mistake"
- Be precise: Set a precise goal, putting in dates, times and amounts so that you can measure achievement. If you do this, you will know exactly when you have achieved the goal, and can take complete satisfaction from having achieved it.
- Set priorities: When you have several goals, give each a priority. This helps you to avoid feeling overwhelmed by too many goals, and helps to direct your attention to the most important ones.
- Write goals down: this crystallizes them and gives them more force.

Sister chapter relationship- McMaster University, Canada

We are very proud to be sister chapters with another Gold Standard Chapter at McMaster University. At the beginning of this year we established a sister chapter relationship with McMaster University. We first met members of McMaster at the International Conference in Arizona in August 2006, and were impressed by their range of chapter activities as well as their fun, easy-going, Aussie-like sense of humour! Below is a message we received from McMaster:

Greetings ANU Golden Key Members!

Welcome to the new academic year! As your sister chapter at McMaster University in Hamilton, Ontario, Canada, We would like to take a moment to introduce ourselves and tell you a little bit about our Chapter.

Established in 1998, McMaster Golden Key has been an active part of campus life and within the local community. In the past, we have organized various academic events, for example, mock LSAT and MCAT tests, and social events such as movie and bowling nights. There are also a number of service activities that we participate in on an annual basis, for example, raising donations for the Terry Fox Run and Relay for Life, tutoring at the Dalewood Homework Clinic, and organising annual food, clothing and book drives to give back to the local community. Outside our campus, we have established strong partnerships with the Canadian Blood Services, Canadian Cancer Society, Canadian National Institute of the Blind and United Way.

For our 2006/2007 academic year, in addition to the above-mentioned activities, we are proud to announce an exciting new initiative– a writing contest for Hamilton secondary school students! We are just beginning the second term of our academic year (*note: in Canada, the academic year runs from September to April), and are looking to implement additional activities. We are open to new ideas and would love to hear yours! We are delighted to have you, ANU, as our new sister chapter and we are looking forward to collaborating on some inter-chapter events!

We hope you have a great start to the academic year!

Your sister chapter,
McMaster Golden Key