Welcome to the Bachelor of Health Science Newsletter for 2010.

As the year is fast drawing to a close we hope that you have enjoyed your year of study and that it has been productive.

Exams and final assignments are fast approaching and we wish you well at this stressful time of the year.

Course Changes

By now you will have heard that Flinders University is changing most of its courses offered. These changes take effect as of January 2011.

We will be sending you out a letter by the end of September indicating what these changes will mean to the Bachelor of Health Science and how they will affect you with your continued study plan.

Included in the letter will be a NEW Study Plan for every continuing student. Please pay careful attention to the topics that you have left to do. Many of these topics will have changed both their title and their unit value and when they are being taught. It is important for you to fully understand what you have left to do to ensure that you fulfil the requirements of the degree.

If you feel confused by the information provided then ensure that you attend one of the counselling sessions that will be set up to explain the process. If you have any questions then please feel free to direct them to Tanya Tamm.

One of the most important facts is that you will not be required to undertake more than 108 units for a single degree. Therefore some of you may have to undertake a Transition Topic to enable you to complete the degree.

Double degree NURSING students will find that their Study Plans are changing in 2011 only for the Bachelor of Health Science part of the double degree. The Nursing degree will change in 2012. At the end of 2011 we will advise these students again what their final Study Plan will be. So please do not worry too much about what you will need to do. Focus only on 2011 and wait until the following year for your final plan.
This year we piloted a Peer Mentoring program. The feedback from the Mentors was that the program was well received by those who chose to make the most of this valuable opportunity.

We are hoping to offer this scheme again to first year students so we will keep you informed.

This is an excellent opportunity to develop leadership skills that will enhance your CV when it comes to obtaining employment. So please consider assisting with this worthwhile program.

Please contact Tanya if you are interested in participating.

The School of Medicine has increased its support for students in relation to travel and conference grants. For further information regarding this please contact Tanya Tamm.

Also if you would like to apply for a scholarship go to http://www.flinders.edu.au/scholarships-system/main-display-undergraduate.cfm to see if what is available and if you are eligible.

**Interested in Studying Abroad?**

Do you have a grade point average of 4.5 or above?

Here are a couple of steps that you need to do:

- Figure out where you want to study
- Check the list for a “partner university” at that location. The list of more than 80 partner universities listed on the university web site http://www.flinders.edu.au/international-students/study-abroad-exchange/partner/partner_home.cfm
- Search the university for like topics, what is easiest is to find similar topics to those in the core program, such as sociology, psychology etc.
- You will need to make time to speak with A/Prof Eileen Willis about your equivalent topics to determine if they are sufficient for equivalency in the first instance. (Don’t forget to make the appointment through Julia)
- Get in touch with Kate Lowry at the International Office as she is responsible for study abroad programs. There are a number of other steps that follow after this, but this will get you on your way! Check out this website: http://www.flinders.edu.au/international-students/study-abroad-exchange/study-overseas.cfm

Already we have had students abroad in Canada and the UK. For those
paramedic students, you may wish to consider undertaking your placements overseas, what a great opportunity!

My honours study is currently titled: “A qualitative study using Goffman’s theory of self to explore first time mother’s attitudes and consequent decisions towards infant feeding”. My research is an explorative study focusing on how and why mothers decide to feed their baby via the method in which they have chosen with a focus on feeding in public. In short, my research is attempting to understand the mechanisms through which social factors interact to determine mother’s infant feeding decisions.

Hi my name is Marissa and I am a BHlthSc Honours student. I completed a BHlthSc last year, majoring in health promotion/education. During my final year I developed an interest in research and wanted to experience the process of conducting research first hand. I also didn’t really feel ready to get a job and felt like honours was a great way to keep learning and improving my skills. I also thought that, if I am going to be a health promoter in the future it is easy for me to go into a community and say “breastfeeding your baby is the best way” and this is how you can.... we as health promoters and health professionals know that there is numerous health benefits associated with prolonged breastfeeding but yet the literature is still telling us that the rates and duration of breastfeeding is well below national guidelines in Australia. Therefore, I thought it so important for me (as a future health promoter) to find out, well ‘WHY’ are many mothers not choosing to breastfeed despite of its health benefits for example? As we have learnt at uni, the only way we can find out what the why factor is, is through research so I took up the research challenge of trying to find out ‘WHY’!!

I have recruited 11 first time mothers from the Flinders Medical Centre and have conducted 2 in-depth interviews with each participant. The first interview was conducted roughly 10-14 days after birth and then when the baby was 3 months old.

Honours has been a major challenge but in saying that I have LEARNT SO MUCH!!! Having to follow through the research process from designing the research, to gaining ethical approval, to recruitment of participants, to data collection, to data analysis and now to the thesis write-up has really enhance everything I learnt in my undergrad years (as original as that sounds!!) and has given me great experience which I have been able to easily relay in job interviews. Honours is a real hands on learning experience to teach you how to do research properly. We are lucky enough to have great staff in our Social Health Science department here at Flinders so there are plenty of academics to lend a helping hand when you need it.

If you’re up for a totally rewarding challenge and a uni experience which undergrad does not provide then I suggest you have a serious think about doing honours- it’s so worth it!!! 😊