THE LITTLE SUBU UPDATE

HAPPY NEW YEAR 2011!

Welcome back everyone,

Hope the post Xmas/January/pre exam blues aren't getting you down just yet because trust me, there's plenty to be feeling positive about this term! We have tones of events planned day and night to keep you perky and pleasantly distracted!

First up this term is Housing Week, hosted by the delightfully helpful SUBU Advice Centre. If you've yet to start thinking about where you'd like to live next academic year it can be a bit of a baffling process, which is why the Advice Centre is there to help you tackle tenancy contracts, organising bills and getting that all important deposit back. Housing week is from the 31st Jan -4th Feb and you'll be able to find our advice workers out and about in the Atrium by Costa.

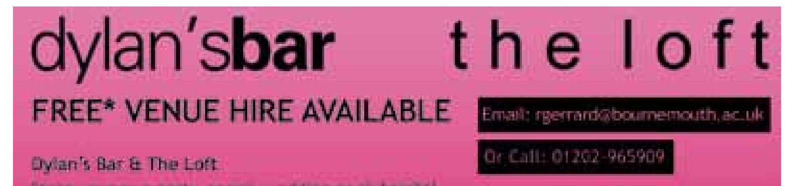
Next up is SHAG week (que giggles), whose technical term is Sexual Health Awareness Guidance week. Between the 14th-18th February will be inviting you to talk about SEX through a range of good fun and awareness events and activities. Our legendary condom fairies will also be back armed with freebies galore ensuring that 'pursuing your sexual needs' is safe and sound!

Election fever is well and truly on the rise! How do you fancy being one of the next Sabbatical Officers for 2011-2012. If you'd like to take on the best fulltime, paid job in the universe, you can find out more about the positions (President, VP Communications and VP Representation) in this fortnight's Chitty Chat feature.

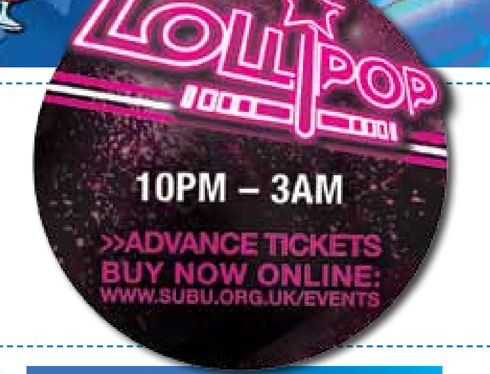
So that's it from me, stay happy and enjoy breaking those pesky New Years resolutions

With Love
Neneh x
VP Communications, SUBU
www.facebook.com/sububournemouth
www.twitter.com/sububournemouth

SUBU.ORG.UK



BUnique WEEK
7th - 11th FEB



MON 17TH JAN

9am — **Recycling Ronnie**
Bournemouth, Poole, Ferndown, Swanage, Fareham. Delivering interactive recycling workshops to school children aged 7-11. Go to www.the-hub.org.uk for more info

TUE 18TH JAN

6-7pm — **RAG's Lost info meeting**
Barnes LT

8pm — **Pub Quiz**
Dylan's Bar
£1 per person

10pm - 3am — **MILK: Totally the best Indie**
Old Fire Station
£1.50 drinks all night
All tickets on the door

WED 19TH JAN

1-4pm — **MAD afternoon**
Making reusable shopping Bags
Location TCB
Sign up essential on www.the-hub.org.uk

1.30-4pm — **Ultimate Frisbee training sessions with beers after!**
Slades Farm, Contact Joe Fulcher on Joe.fulcher@yahoo.com

4.30 - 5pm — **ISA meetings**
P425

5-9pm — **BU Gamers Meeting**
P401
Talbot Campus

5-7pm — **Soundwave session**
Break Dancing Society
Learn Higher Room

6.30pm — **Global Cinema**
The Allesbrooke LT
No Man's Land (2001)

8pm — **Dylan's Live**
Live covers band playing anthems from The Kinks to The Killers

THURS 20TH JAN

7-9pm — **Ballroom and Latin classes**
Winton URC

8pm — **Rock and Roll Bingo**
Dylan's Bar
£1 entry

10pm - 3am — **SICK BRUV LAUNCH..**
brand new thurs night feeding your BASS habit From Rusko to Roots Manuva
£1.50 selected drinks
£3 advance tickets

FRI 21ST JAN

10pm - 3am — **LOLLIPOP**
fab pop, cheese & r'n'b every friday
NEW FOR THIS TERM: £1.50 all drinks (until midnight) £3 adv tickets, also online at www.subu.org.uk/events

SAT 22ND JAN

10pm - 3am — **ZOMBIE PARTY**
Get bloody, get gorey, just get down for a great Sat night
Advance tickets from Talbot Campus SU Shop

SUN 23RD JAN

8-11pm — **Poker league**
Dylans
£2 entry

MON 24TH JAN

6-7pm — **RAG's Lost info meeting**
Lees LT

7-8pm — **Ukelele Orchestra**
PG142

10pm - 3am — **HOUSE PARTY**
fab pop, cheese & r'n'b every friday
NEW FOR THIS TERM: £1.50 all drinks (until midnight) £3 adv tickets, also online at www.subu.org.uk/events

TUE 25TH JAN

1pm — **Nominations for Sabbatical Elections open!**
Student's Union
Fancy running for the best, paid full time job in the world? If you're the next president or VP now's your chance to get your nomination form in!

6-8pm — **African Caribbean Society meetings**
Lawrence LT

8pm — **Pub Quiz**
Dylan's Bar
£1 Entry

8pm - 12 — **COMEDY NATION**
Stephen Grant, Romesh Ranganathan, Liam Williams & MC Paddy Lennox, The Old Firestation, £4 advance tickets.
Group table bookings call t. 01202-965765

10pm - 3am — **MILK**
Totally the best Indie
£1.50 drinks all night
All tickets on the door

WED 26TH JAN

6.30pm — **Global Cinema**
The Allesbrooke LT
Battle Royale (2001)

8pm — **Dylan's Live**
Live covers band from The Kinks to The Killers

THUR 27TH JAN

5.30-7.30pm — **QI Culture session**
Learn Higher room

8pm — **Rock and Roll Bingo**
Dylan's Bar
£1 Entry

10pm - 3am — **SICK BRUV**
feeding your BASS habit From Rusko to Roots Manuva
£1.50 selected drinks
£3 adv tickets also online at www.subu.org.uk/events

FRI 28TH JAN

8-9am — **Tchoukball Meeting session**
BU Sport Hall
Contact andy.haigh@tchoukball.org.uk for more info

10pm - 3am — **LOLLIPOP**
fab pop, cheese & r'n'b every friday
NEW FOR THIS TERM: £1.50 all drinks (until 12) £3 adv tickets, also online at www.subu.org.uk/events

SAT 29TH JAN

10pm - 4am — **DUBNIUM**
Engine Earz (live) / Benny Page plus much more. Adv tickets from Talbot Campus Shop, lookout for discount voucher on Nerve mag

DO YOU HAVE THE SUBU FACTOR? ELECTIONS 2011!

Are you a final year looking for that all important grad scheme? A 2nd Year and looking for the perfect placement or do you just fancy taking on a experience of a life time? If so, why not run in SUBU's Sabbatical elections and become the next President or Vice Presidents. With a cushy salary, this is a full time job where the benefits and your own personal development is sky high. If personally representing 17,500 students isn't enough, you'll be a huge player in making University decisions during a time when representing students is truly crucial. Interested? Take a gander at the positions below and if you like what you see, why not run? Have you got the SUBU factor? I think so!

PRESIDENT:
The President acts as an ambassador for the Union and its students by representing them in many different areas. They act us the main link between students, the University, local community and other external parties. As well as this, The President is a member of the University Board, acts the Chair of the Executive Committee and is the custodian of the Union's constitution

JAMES RICCI SAYS: (2009-2010)
"Being SU president was probably the most rewarding year of my life, the role forced me to mature very quickly and get stuck into a job in which I could really make a difference straight after my uni course. It provided me with many development opportunities ranging from people management, project leadership and a chance to sit on the board of governors for the university. But don't do it just because you want to stay at uni for another year... you will not have a successful and rewarding year if you do."

VP COMMUNICATIONS:
"The VP Comms acts as an officer between Students and SUBU. It is their main role to co-ordinate communication and promote all the Union's events/activities/projects to the student body and local media. This includes working closely with the president on promoting elections and Your Student Shout meetings. Further more the VP Comms co-ordinates all Union communication channels including, Facebook, Twittter, email, www.subu.org.uk and the fortnightly student newsletter, The Little SUBU Update".

ADELAIDE SAYS: (2008-2009)
"My year spent as Vice President Communications was the most valuable year I spent at Bournemouth University. SUBU is one of the best places to work and can open so many doors for you whatever career you want to enter As long as you're outgoing, organised and passionate about University Life it's the role for you. The training and support you received is outstanding and although it is hard work I enjoyed every minute of it. I had gained experience in public speaking in the community, production and media interviews, alongside management skills. If you're debating applying for the role don't think twice, but remember the VP Comms has to have a good campaign- after all the role is about communicating and campaigning to students and for students!"

VP REPRESENTATION:
The VP Representation role focuses on two key areas of the Union: academic representation, overseeing the student rep system, organising the training programme and representing student views on academic matters arising in the University and voicing these views in a number of University panels and focus groups. This role also involves avid campaigning for both academic and non academic issues. VP Representation needs to actively seek student views of students and communicate these views to the Union and University.

KO SAYS: (2010-2011)
"This is an incredible job, which gives you the opportunity to meet and work with amazing people and help influence students time at university. Developing the student rep system is also one of the main areas of this role; you are given the opportunity to improve areas you think need it in your own way. It is not all education based though, I work closely with the other sabbs on national campaigns (the biggest so far being the fight against educational funding cuts). As well as looking great on your CV you are given some awesome opportunities. I would recommend this role to anyone, and I will miss my time here!"

HOW DO I RUN!?!
Interested? Well nominations run from the 25th of January-11th Feburary which means you have just under three weeks to hand to complete a couple of tasks to ensure that you're a candidate in this years election. Firstly pick up a nomination form from the Student's Union or off Ally Hanks at Lansdowne Campus. Fill it in and get 10 people to nominate you for the position of your choice. Next arrange a time to see Vicky (SU Design) before the 11th February to get your posters designed. While you're at it write a 200 word manifesto on why you'd be a great sabbatical officer and boom, hand it in before 12pm on the 11th February. Easy Peasy!

STILL NOT SURE?
Don't worry, we're here to help so if you have any questions about our jobs, big or small then just come up and see myself, Toby or Ko. We will also be holding drop in sessions through out the 7th-11th February for anyone who's interested in running for a position. What's more we'll also be visiting lots of your lectures to encourage you to run so look out for us!

LOOK OUT, LOOK OUT, THOSE TEETH ARE ABOUT TO SHOUT!

Brace yourself, those irritatingly, addictive chattering teeth are back on campus and ready to shout LOUD. Your Student Shout is back this term and is here to tackle those University niggles on your behalf. Got a problem that just won't go away? Library WIFI not working (again)? Let SUBU take it to the University, top dogs and get it sorted. Our last Student Shout meeting saw 120 of you attend and we passed a total of 12 motions which SUBU is working hard at tackling. Some of these include an awareness campaign to encourage priority use of lifts for disabled students and gaining more computers in the Library and student labs. The next Your Student Shout is on the 3rd of March, 12pm in The Shelley lecture theatre and transport will be available for students at Lansdowne Campus. However remember, we need 100 students to attend in order to make any changes so make sure you're there! As usual we'll throw in the free pizza hut pizza and sweets galore, whilst you're voting for the important stuff so get shouting. To submit a motion email Toby Horner supresident@bournemouth.ac.uk.

LOST?!

Ever found yourself in the middle of nowhere miles away from home and been totally LOST? No? Well here's your chance to put your self completely out of your comfort zone.

Armed with only a compass and all the chat you can muster how will you survive after being kidnapped, blindfolded and driven hundreds of miles away from Bournemouth?

In teams of 2 or 3 (at least one male) you must find out where you are and find your way home, without spending a penny! Think Leggit in reverse but with double the adrenaline and triple the rush. Relying on the kindness of strangers, your instincts and a fantastic fancy dress, you'll need to beat all the other teams back to the SUBU in the fastest time possible.

Lost is designed for the blaggers and anyone that wants a great story to tell their friends and the future grand kiddies.

All you need to do to have one crazy adrenalin filled adventure is sign up at the SU reception, pay the £20 registration fee and commit to raise a minimum of £30 per person for RAG's four core charities:

- Meningities Research Foundation
- Wessex Autistic Society
- ME Support Group
- Dorset Victim Society

We will have prizes for the top 5 fundraiser's, best video, best team name, best dressed on the day and ofcourse the Winning Team! Each participant will receive a goody bag, with key things they will need for their journey and an official Lost t-shirt

If you have any questions, please email lost@bournemouthrag.org.uk

KEY DATES:
Tues 18th Jan - Info Meeting, Barnes LT 6 - 7pm
Mon 24th Jan - Info Meeting, Lee's LT 6 - 7pm
Tues 1st Feb - SIGN UP CLOSES!
Participant Meeting - Cobham LT 5 - 6pm
Sat 5th Feb - LOST?!

SPREAD THE WORD, NOT THE FLU

At the time of writing, so far this winter, 39 people have died of flu in the UK - 36 of these were from bird flu, the 3 others being influenza B. What a cheery note to start the term on, but, let's face it, it's a fairly important one.

Why is it so important for you? The fact is that even if you are not necessarily in one of the high risk groups, a dose of bird flu or any other 'real flu' is likely to wipe you out for a good few weeks. Can you really afford for that to happen? Not only that, but it's not exactly a holiday being laid up with flu - particularly if you're a man and have to add the 'man flu' factor on top!

And why might you be a higher risk at uni than when at home over Christmas? It doesn't take a genius to work out that at uni you are in far more contact with far more people from all over the world, in confined and gem-friendly places. If someone in your lecture gets flu, watch it spread from that vacant seat in your lecture theatre!

So, without putting too fine a point on it, please get a bit smart and do your bit to make your life and all your mates a bit more risk free. Wash your hands - properly, like mummy taught you! - dry them too; use a hand sanitiser if you can; wipe down handles and door pushes regularly in halls or communal areas you live in; 'catch it, bin it, kill it' when you sneeze - no matter how cool you and your mates are, it's not remotely a laugh to sneeze all over the place and potentially put someone in hospital. You wouldn't chuck a knife across a bar for a laugh would you? So don't sneeze across it.

That's it really, just a quick, but serious, reminder that flu can kill, or at the very least knock you and your mates out for a few weeks. Take it seriously, do something positive and spread the word, not the flu.

WHY YOU SHOULD BREAK YOUR NEW YEARS RESOLUTIONS...

Hurrah! It's the New Year! Time for a fresh start; time to change all those things we don't like about ourselves or think that we should be better at; time for... New Year Resolutions! So, how many did you set yourself? And how many were broken by 9am on 1st January? Oh no, that's right, I forgot, New Year Resolutions don't actually have to start until the day after the hangover of new year... or is it when the Christmas decorations come down? I can't quite remember, but it's bound to be one of those reasons that you didn't actually start what you said you were going until... well, by the time you get to 6 January, you might as well wait until next year, right?

If you're like more than half the rest of us muppets then you will have probably half thought about making some commitment to lose some weight, sort out your money, get better organised, do more exercise or spend more time with your family. Apparently those are the top five 'original' resolutions that most people make one of each year. And then we don't manage it. Is it any wonder that the official most depressing day of the year is three weeks into January? Talk about loading gun to point at our own head.

So what can you do to stop being such a sucker to the cycle each January? Well some work a couple of years ago by a guy named Peter Gullwitzer has shown that, contrary to conventional wisdom that says "tell everyone what you are going to achieve", you may stand more chance of staying motivated towards your goals if you don't tell anyone what they are. There was also a marked difference in improved achievement rates when people shared how they were going to achieve their goals and not just what their goals were.

So if you want to stand better chance of making that change in your life stick, try not shouting about it until you have really worked out exactly what you are doing about it. You can't deny there are always plenty of fresh faces in the gym on January 2nd! Nice new trainers, but no real idea about getting a workout sorted? And where are they all by February 2nd?

Do it right this year. Make a change for good. Make that change a part of your BU experience, and get involved in all the fantastic stuff at BU that really makes a difference to yours and everyone else's life. Stand for election; become a Student Rep; start that new club or society; do some volunteering; join the SUBU Leadership Programme. Go on, what's the worst that can happen? Just do it!

BUnique Week

After it's tremendous debute in December, BUnique week is back and bigger than ever between the 7-11th February. Designed to show case the very best that clubs, societies and sports teams have to offer, BUnique is here to get you off your bums and involved with some thing a little bit different. The last week's highlights included great Wii fun with Break Dancing Society and performances from the BU Cheerleaders, PART's and the Ball Room and Latin Dance Society. Taking place bang, smack in the middle of the Atrium, you'll find it hard not to notice the hours of dancing, signing, chanting and down right Unique activity taking place in your lunch break. More than ever it's becoming incredibly important to differentiate your CV from competitor, with degrees acting only as the opening credits in your lifetime of achievements. Employers want to know what makes you different so get out there and get noticed before it's too late! If you have an event that you'd like to put on during BUnique week or you'd like to find out more then email Toby Horner, at supresident@bournemouth.ac.uk.

BECOME A SUBU SUPERSTAR DURING BUnique Week!

Are you a talented student? Do you have a unique skill? Would you like the chance to show it to the rest of BU?

Well now's your chance. For the next BUnique Week (7th-11th Feb) Toby Horner (SU President) is looking for the hidden gems of talent amid our very own student body. Whether its a voice to challenge Matt Cardle, Dance moves to rival Justin Timberlake, musical melodies to beat Jack Johnson, or perhaps something more original - then we want to hear about it.

If you think you've got what it takes then email Toby at supresident@bournemouth.ac.uk for more details.

DIVERSITY DAY 2010!

BUnique week saw many of BU's international students come together to share cultures and get to know each other a little better during a diversity fun day.

Held at the Executive Business Centre in Lansdowne students from various countries including Spain, China, Japan, Turkey, India and more joined together, bringing food from their home countries, dressing in traditional clothing and looking to learn about the many different cultures of the world who have students studying at Bournemouth.

The event was a fantastic opportunity for many of the international students to come together and be a part of BUnique week.

The idea of BU student Mehwish Mufti, plenty of planning went in to the event, with help from SUBU's own Lansdowne Campus Manager Ally Hanks, and a great time was had by all who attended!

WHY YOU SHOULD BREAK YOUR NEW YEARS RESOLUTIONS...

With assignment deadlines looming & exams on the horizon you maybe feeling anxious & stressed. You are not alone. People handle the stress of assessment differently, with some coping better than others. Here are some top tips for reducing your stress levels so you can stay on top form.

- Be organised - Have you got all the notes & resources you need? If there something you are unsure of ask a lecturer or someone on your course for help. Seek help from Study Support if you are unsure on how to revise, reference or construct assignments. Create an exam pencil to ensure you have all the equipment you need.
- Find your best time work - some people work better in the morning whilst others prefer to work at night. Recognise what works for you and plan your work in these times if you can.
- Timetable - create a realistic & flexible to timetable for completing assignments & revision. Don't leave it all until the last minute.
- Give yourself time to de-stress - plan in to your timetable activities you that help you to relax. This could be exercise, going for a drink, or watching television. Whatever works for you.
- Recognise when you are too stressed: Some of the first signs you could be over-stressed include:
  - Headaches
  - Loss of appetite
  - Feeling tired all the time
  - Moody or quick tempered
  - Not sleeping well
  - Lacking energy
  - Drinking or smoking a lot

Things getting too much?
If you find things are getting too much you can try the following things to help you cope with your stress & anxiety.

- prioritise your work & personal life
- find out about breathing & relaxation techniques
- consider complimentary therapies
- see your GP
- access the BU Counselling Service &/or Chaplaincy
- speak to an advice worker in SUBU Advice
- share your worries with a friend of family member

www.mind.org.uk/help/diagnoses_and_conditions/exam_stress

Plagiarism: What is plagiarism?
The Oxford English Dictionary defines plagiarism as: "To take and use as one's own, the thoughts, writings or inventions of another." In other words, plagiarism is when you pass off someone else's work as your own.

Is plagiarism serious?
To plagiarise is an Academic Offence & BU take it very seriously. Some students plagiarise without knowing they have done so as they have not referenced their assignments properly. Hence it is imperative you learn how to reference your work in order to avoid conducting an academic offence.

If you have used someone else's idea, conclusions or opinions, whether it is a direct quote or a discussion in your assignment you must ensure you have cited within the assignment correctly, using the Harvard Reference System.

There is information on how to reference & cite resources on myBU in the Academic Skills community.

If you have any news or events that you'd like to see in The Little SUBU Update, then email Neneh Pepperell: suvpcomms@bournemouth.ac.uk Look out for the Big SUBU update in Nerve magazine around campus!