



STUDENT CHAPTER NEWSLETTER



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ARWH WILDLIFE HEALTH AND PATHOLOGY SHORT COURSE REVIEW

The ARWH Wildlife Health and Pathology Short Course at Taronga Zoo, Sydney was inspiring to be involved in. I was fortunate enough to win free registration courtesy of a wildlife idea pitch competition held by the WDA-A student chapter; which made coming from New Zealand as a student all the more achievable. My idea pertained to an NGO conservation database, where successes and advice are shared on an international level. All five of the scholarship winners, presented our pitches to the other attendees – which was a great opportunity to get feedback from esteemed wildlife scientists, and to actively contribute to the short course. The rest of the course was amazing and hearing talks from international pathologists such as Kevin Keel, Bruce Rideout and Judy St.Leger was captivating. We learned topics as diverse as pathologies of marine mammals to echidnas (did you know they have the shortest recorded spinal cord of mammals?). A particular highlight for an ape-lover like me was learning about spring-embedded sociograms of orangutan and chimpanzee association networks. Attending this conference has undoubtedly ignited my passion for a possible pathology residency at the end of my veterinary school journey, and I cannot wait to attend the next one!

Written by Katy Seddon (Committee Member, Massey University)

UPCOMING EVENTS AND TRAINING OPPORTUNITIES

NZVA conference, 22/05/2019 to 24/05/2019

PHD Position Fall 2019, Wildlife Population Genomics and Disease Ecology, University of Wyoming, Laramie. Posted 5/14/2019

2020 Rocky Mountain Wildlife Veterinary Externship. Application deadline October 1, 2019.

Summer Research Internship - Maryland Zoological Society, Inc, The Maryland Zoo in Baltimore. Application Deadline: TBD

PhD Project - University of Tasmania, Hobart. Closing Date: Thursday 30th, May 2019.

The Boone and Crockett Quantitative Wildlife Center is looking to hire a PhD student to investigate novel approaches for estimating wildlife populations - East Lansing, MI, Start Date August 16, 2019

FINDING TIME TO LIVE AMIDST THE EXAM PREPARATION

Work-life balance can be defined as the balance that a working individual must find between working hours and other aspects of life; particularly involving things that they enjoy. Maintaining this balance is what allows you to thrive in all areas of your life. This is particularly important for students, who are often required to perform different roles on top of their studies. These include being a parent, partner, work colleague, friend or community leader, all whilst trying to maintain a healthy and fulfilling lifestyle. When these factors



become unbalanced, it can result in burnout, stress, fatigue, depression, medical problems and isolation. A study conducted in 2015 by the Australian Association of Social Workers in collaboration with James Cook university, highlighted that when it comes to juggling life, study and work, Australians are doing it tougher now than in the early 2000s, with many individuals going without food, necessary medications, petrol and required textbooks (Gair and Baglow 2017). Strategies for maintaining work-life balance that are harnessed in university can contribute to the maintenance of this balance throughout the rest of your life.

Some tips to help you find balance in your life include:

Schedule some relaxation time each day. It can help to switch off technology and disconnect for a while. Choose to do something you love like painting, drawing, hiking, watching a movie or consider learning to meditate.

Keep a diary and plan a schedule to help you keep track of commitments but also allow you time for socialising with friends and family.

Take care of your overall health by eating well, exercising, getting enough sleep and practicing self-care.

Challenge perfectionist thinking by allowing room for failure.

Enjoy nature by going for a walk at the beach or taking your dog for a walk.

Set boundaries and learn to say “no” – doing an all-nighter is okay occasionally, but they should not replace all of your social activities and self-care routine.

Take your lunch outside. It is important to allow yourself time to have a break and fresh air is a great mood lifter!

Most importantly, everyone is different! What works for you, may not work for someone else. If what you try first does not work, don't be afraid to try something else. Or, if you are really struggling seek professional either by seeing your general practitioner, your university's student counseling service or a 24-hour helpline such as Lifeline (13 11 14) or Beyond Blue (1300 22 4636).

TOP STORIES

Putting the gloss back on southern NSW wildlife corridor for threatened glossy black cockatoo

Positive results observed after a project to vegetate a stretch of land from the Blue Mountains to the New South Wales Southern Tablelands is undertaken in order to protect the threatened Glossy Black Cockatoo.

Read full story [HERE](#)

Vets perform world-first brain surgery on critically endangered kakapo chick in NZ

New Zealand veterinarians have performed world-first brain surgery to save the life of a critically endangered native parrot chick.

Read full story [HERE](#)

Thirty sharks captured on barrier reef and exported to France all died in captivity

Thirty hammerhead sharks which were captured on the Great Barrier Reef and exported to a French aquarium have all died in captivity and the Australian government claim to know nothing about it.

Read full story [HERE](#)

MEMBER PHOTO OF THE MONTH



"Koala-ty Testing", taken in Anstey Hill Recreation Park. Photo by Alexandra Lamb (Committee Member, Adelaide University)

WANT TO SHARE?

Events

Do you have an event coming up in your local area that you think fellow members might be interested in?

Stories

Have you had a wildlife experience or have you come across recent study findings that you would like to share?

Members Photo of the Month

Or do you dabble in photography and have some of your work that you would like to be featured in our newsletter?

Please email them to
[students@wdaa.com.au!](mailto:students@wdaa.com.au)