

Briefs...

Youth Allowance changes

The Federal Government's much talked about Youth Allowance and other student payment changes have now come into effect – some from April and others from July. For details go to: centrelink.gov.au/internet/internet.nsf/individuals/changes_youth_allowance.htm

Federal election

The National Union of Students is urging students not to vote Liberal, saying Labor and the Greens have better policies for students. The Prime Minister Julia Gillard is a former president of the NUS predecessor, the Australian Union of Students.

Greater equity

More students from poor families are attending university, with figures showing almost half of the public school graduates studying at university this year are from disadvantaged backgrounds. The findings come from the Australian Council for Educational Research.

Deakin's gap year

Deakin has introduced a two year deferral option and a gap year program designed to help students make the most of their time away from their studies.

Accommodation hope

The Premier of Victoria, John Brumby, visited Monash Gippsland recently to discuss opportunities for expanding student accommodation at the campus. He spoke about the Victorian Government's plans to provide support to increase the amount of student accommodation for regional universities.

Internet access improved

A number of campuses, including RMIT and Holmesglen have boosted their wireless network hotspots, through the Federal Government Teaching and Learning Capital Fund for Vocational Education and Training.

Students are more depressed than peers

“Changing culture could be a factor”

University students are four times more likely to be anxious and depressed than other people their age, a study of almost 1000 students has found.

The Age reported that the research found 48 per cent of participating students from the medicine, law, mechanical engineering and psychology faculties at the University of Adelaide showed significant levels of anxiety and depression.

The students showed much higher levels of depression and anxiety

than their peers who were not at university, of whom just 11 per cent were psychologically distressed.

The levels of distress were highest among law (58 per cent) and mechanical engineering (52 per cent) students, with 44 per cent of medical students and 40 per cent of psychology students experiencing problems.

“The disturbing factor from all of these findings is not that one discipline may be comparatively more distressed than another, but that they all appear to be more distressed than age-matched peers from the general population,” the authors said.

The researchers, from the University of Adelaide, University of Queensland

and University of Western Sydney, said it was possible that the “changing culture” at universities, including the demands of part-time work and intensive university commitments, could be a factor in the high rates of distress.

The results showed psychology students most often sought help for their problems (24 per cent) but mechanical engineering students were least likely (6 per cent). Over all, 11 per cent of students sought help.

The study calls for further research into the mental health of university students.

The research was published in the *Australian and New Zealand Journal of Psychiatry*.



William Kunstler DVDs

Utimes and Madman are giving away to readers of *Utimes* FIVE William Kunstler: Disturbing the Universe documentary DVDs. To enter send an email with 'WIN KUNSTLER' in the subject line to win@utimes.com.au by Aug 9. Also let us know your name, address and where you study. Prizes will be posted out to winners.



Washington CD

Utimes and Universal Music are giving away to readers of *Utimes* FIVE Washington – I Believe You Liar CDs. To enter send an email with 'WIN WASHINGTON' in the subject line to win@utimes.com.au by Aug 9. Also let us know your name, address and where you study. Prizes will be posted out to winners.



RnB Superclub CD

Utimes and Sony Music are giving away to readers of *Utimes* FIVE RnB Superclub Volume 10 double CD compilation packs. To enter send an email with 'WIN SUPERCLUB' in the subject line to win@utimes.com.au by Aug 9. Also let us know your name, address and where you study. Prizes will be posted out to winners.



Congratulations!

Deakin Geelong student, Tiffany Goodie has won the *Utimes* Ultimate Logitech Music Pack giveaway