Welcome Back. As we enter the second half of trimester 3, there are a number of events fast approaching. This week saw the combined Albies/Robb function as well as the Beauty for Batyr fundraiser organised by a number of our senior girls and largely led by Harriette Spork and Claudia Powell. From all reports this was a successful evening and congratulations to all involved. The JCR committee are holding their elections this week and the 2017 Residential Support Team has also recently been announced. Both of these teams will be formally announced at the Valedictory Formal dinner next Tuesday evening. I would like to take this opportunity to congratulate all students who applied for student leadership roles. With over 180 applications it was a huge process and some hard decisions had to be made. The second half of trimester 3 is an extremely short time period and with just over 4 weeks until exams commence, I encourage all to make academics a priority and to seek help as required early. Both the College and the University offer a range of academic support structures that can be of great assistance as you prepare for exams. Have a great week!

With thanks as always,
Mick McGuigan

The college year has flown by. With the academic year being shorter than ever, my fellow collegian chums and I face an action packed run into exams. Between the start of term and the exam period there are no less than 6 events and numerous sporting finals. Because of this some of us are feeling the pressure of such an intense period more than others. Through the cold sweats brought on by exam anxiety, the nerves associated with sport and the ‘fear of missing out’ (FOMO) on a night out, we press on. For some though, the pressure may be a little bit more self-inflicted. These pressures are normal when attempting to sustain a thriving social, sporting and academic life in such a short period. I myself have been at college for what is nearing half a decade and I have had to constantly remind myself of just how normal this pressure is for students. Despite this, the college remains strong and is only getting stronger.

On a lighter note, the excitement of Albies race day has begun to set in as the men and women of college begin their individual chaotic run-ins to what is one of the most anticipated functions on the calendar. The office has already begun to fill with the packages containing would be fashions of the field contenders, and the dry cleaners begin to address the mountain of tweed the men-folk of college dump upon them. Race day brings out the best in the college community with the coming together of the students, Senior Common Room and Alumni. This year’s race day brings about the first ‘Back-to-Albies’ weekend in which the Albies Alumni will have the opportunity to take part in the festivities with the students, on what surely will be a fantastic day. Despite the rigours of our academic and social commitments, the student’s spirits are high and the community atmosphere pumping, and we look forward to the weeks ahead.

Ollie Grimble
ACADEMIC REPORT

At the end of last term Albies’ hosted the inaugural Careers Evening. This evening saw 14 speakers present to the students from a range of disciplines, covering nearly all the degrees that our students are studying. It was a fantastic networking opportunity for the presenters and students alike with a number of students coming away with contact names and numbers. I would like to thank Alice, Teneille, Mick, Jas and the team of Academic Advisors for the work that they put towards pulling this evening together.

As we kick off the final term of 2016, our social calendar is full on until curfew kicks off on the 12th of September with exams to commence two weeks after that. Remember to keep on top of your studies whilst enjoying the final social events for the year. Nerd Night and tutes will continue to run until exam period so please use these opportunities to maximise your study over the coming weeks. I hope everyone had an enjoyable holiday and is ready for a busy 6 weeks!

Peta Bradley – Senior Academic Advisor
LET’S TALK WITH LOUISE

Hi all,

I hope you’ve all had a nice break and are feeling refreshed and ready for final assessments and exams. Feeling stressed during the lead up to exams is completely normal and there are things you can do.

• Make a study plan; what do you need to revise; how much time required?
• Set yourself some goals; could you study for 50 minutes at a time, giving yourself a 10 minute break in between? Be realistic and work out what best suits you.
• Look after yourself; rest; eat well; make time for friends; for exercise.

If you feel like having a chat, I’m at college Monday’s, Wednesday’s and Thursday’s from 12-3.30 pm. I am also available at the Centacare office in the morning on the same days. Additionally, I’m also available to talk over the phone or via email and I can be contacted on 67387200 or at l.carstairs@centacareenw.com.au

Hope you all have a great week.

Lou

UPCOMING EVENTS

Valedictory Formal Dinner 7 September 2016
SCR Albies Race Day 10 September 2016
SCR BBQ/End of Year Mass 18 September 2016
ST ALBERT’S COLLEGE
RACE DAY 2016
hosted by the St Albert’s College, Senior Common Room

JOIN US ON THE
10TH OF SEPT

Armidale Race Course
GATES OPEN 11AM

Fashion of the Field

SEE YOU THERE!
For more information call St Albert’s College Office on 5733 5200

Thank you to the Armidale Jockey Club

MASS TIMES - COLLEGE AND TOWN

SAINTS MARY AND JOSEPH CATHOLIC CATHEDRAL
Sunday Mass is held at 8am, 10am and 5.30pm each week.

COLLEGE MASS
Held each Tuesday afternoon at 5pm in the College Chapel.