

# CAMPUS MAP

- CHC Campus
- Citipointe Church

- 1. E-Block Administration (Rooms E1, E2, E3)
- 2. Library
- 3. A-Block (Rooms A1, A2, A3)
- 4. Counselling & Support Centre
- 5. C-Block (Room C1)
- 6. Student Common Room
- 7. D-Block (Rooms D1, D2)
- 8. Rivers Cafe
- 9. School of Ministries (Rooms L1, L2, L3)

CHC



## CHC CHAPEL

We invite all students to join us for CHC Chapel on Wednesday from 12-1pm. It is a time students and staff come together to worship God and fellowship with one another. If you would like more information please email, [studentservices@chc.edu.au](mailto:studentservices@chc.edu.au).

## CITIPOINTE CHURCH

Citipointe Church Carindale is located on campus and is a church family which puts Jesus above everything else. Citipointe Church loves God and people and are passionate about hosting the presence of God. They want to see people radically encounter Jesus and come to a deep revelation of the freedom in knowing Him. "Whoever you are and wherever you come from, you are welcome here!

Citipointe Church also has 5 other locations across the greater Brisbane area. For more information contact, [mail@citipointechurch.com](mailto:mail@citipointechurch.com) or phone 3343 8888.

Citipointe Church also has a vibrant Young Adults community called Young Adults Society (YAS). They have dedicated YAS nights on Wednesdays approx. every month. This is a fantastic way to connect and meet new people. If you want to know more about YAS, email [yasociety@citipointechurch.com](mailto:yasociety@citipointechurch.com), follow them on Facebook or Instagram or call 3343 8888.

## RED FROGS

Red Frogs is an initiative of Citipointe Church designed to support young people in many different areas. They help build the CHC campus community through different events and being present at Orientation and Lunch Hangs.

Red Frogs do many things across Australia and Worldwide supporting young people at events such as festivals, Orientation weeks, Schoolies and sports events. If you want to know more about Red Frogs visit, [redfrogs.com.au](http://redfrogs.com.au).

## RIVERS CAFÉ

Rivers Café is an onsite coffee shop open from 8:00am-4pm, during school term.

## IT SUPPORT

CHC's IT Department is here to assist you with any matters regarding online life at CHC.

This includes resetting passwords for your CHC email accounts, online journals/wireless/library PCs, assisting you with connecting to the CHC wireless network and maintaining Library student PCs, classroom PCs and other IT equipment in the classrooms. For any assistance with IT, please contact [itsupport@chc.edu.au](mailto:itsupport@chc.edu.au).

## MOODLE

Moodle is CHC's online learning site. Here you will find information from your lecturers which can include class handouts, unit outlines, assessment information and class forums.

For any information about Moodle, contact our Director of Online Learning Amy Emanuel at [moodle@chc.edu.au](mailto:moodle@chc.edu.au).

## STUDENT ADMINISTRATION

Student administration looks after anything concerning your enrolment, courses or fees. Send enquiries to [sadmin@chc.edu.au](mailto:sadmin@chc.edu.au).

## SCHOOL ADMINISTRATION OFFICERS

School admin officers should be your first port of call when needing information regarding study requirements, events or appointments.

### Education and Business

[education@chc.edu.au](mailto:education@chc.edu.au)  
[business@chc.edu.au](mailto:business@chc.edu.au)

### Social Sciences

[socsciadmin@chc.edu.au](mailto:socsciadmin@chc.edu.au)

### Ministries

[cmc@citipointechurch.com](mailto:cmc@citipointechurch.com)

### Millis Institute/Liberal Arts

[millis@chc.edu.au](mailto:millis@chc.edu.au)

**24/7 STUDENT SERVICES HOTLINE: 0428 078 935**  
(For all matters and questions)

Christian Heritage College  
322 Wecker Rd  
CARINDALE QLD 4152

Ph: (07) 3347 7900  
Fax: (07) 3347 7911

CHC  
Higher Education  
CHC SERVICES 2020





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[business@chc.edu.au](mailto:business@chc.edu.au)

### Social Sciences

[socsciadmin@chc.edu.au](mailto:socsciadmin@chc.edu.au)

### Ministries

[cmc@citipointechurch.com](mailto:cmc@citipointechurch.com)

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322 Wecker Rd  
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Ph: (07) 3347 7900  
Fax: (07) 3347 7911

CHC  
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### STUDENT COMMUNITY

Fortnightly Wednesday after Chapel services, CHC students are invited to share in Lunch Hangs, a free lunch held on the patio outside the Learning Hub. It provides students with a great opportunity to meet and connect with fellow students. Everyone is welcome to join for food, music and a good time. If you want to know more contact [studentservices@chc.edu.au](mailto:studentservices@chc.edu.au).

### SCHOOL OF MINISTRIES CHAPEL

All students are welcome to join the School of Ministries chapel, which runs every Tuesday-Thursday morning from 8:00am-9:00am in their L3 classroom down at Citipointe Church. For more information please contact [cmc@citipointechurch.com](mailto:cmc@citipointechurch.com).

### STUDENT SERVICES COORDINATOR

CHC's Student Services Coordinator is here to help you throughout your time studying at CHC. When you study at CHC we care about more than simply your education and the Student Services Coordinator caters for your needs outside of academia.

We know that sometimes your personal lives can impact your progress in your studies so the Student Services Coordinator is here to assist and support you throughout the challenges you face. Contact Student Services Coordinator at [studentservices@chc.edu.au](mailto:studentservices@chc.edu.au) or 3347 7955.

### STUDENT REPRESENTATIVE COUNCIL

The CHC SRC exists to promote and enhance the life of each and every student by being a forum for student expression, organising events that enhance student life, supporting charitable causes, raising morale, CHC and promoting productive and purposeful relationships between staff and students. Contact [studentcouncil@chc.edu.au](mailto:studentcouncil@chc.edu.au) for more information.

### STUDY SUPPORT

CHC's Study Support assists CHC students with study skills, whether this be assistance with referencing, grammar, developing an assessment task topic or any other matters relating to your study and assessment.

Anne Millard is the Study Support Tutor, she can be found in the Learning Hub.

Email [studysupport@chc.edu.au](mailto:studysupport@chc.edu.au) to set up a meeting.

Study Support resources can be found on Moodle under "Information for students."

### DISABILITY SUPPORT

The Student Services Coordinator is the Disability Support Officer and liaises with staff to modify learning and assessment strategies to make sure you get the most out of your studies. For information on how we can support you, please contact [disabilitysupport@chc.edu.au](mailto:disabilitysupport@chc.edu.au).

### ADVOCACY SUPPORT

The Student Advocacy Officer provides students with support in order to navigate the policies and processes at CHC, specifically concerning grievances, but more broadly to engage and assist students as members of a vibrant and positive community. To contact the Student Advocacy Office email, [studentadvocacy@chc.edu.au](mailto:studentadvocacy@chc.edu.au).

### CHC COUNSELLING AND SUPPORT CENTRE

The CHC Counselling and Support Centre has been established to fulfill the need in our community for professional, effective and affordable counselling. This is available to CHC and the wider community, and counselling for CHC students is free. For more information, phone (07) 3347 7972, or email [counselling@chc.edu.au](mailto:counselling@chc.edu.au).

### OVERSEAS STUDENT LIAISON OFFICER

CHC's Overseas Student Liaison Officer is available to assist overseas students with anything connected to your study in Australia or settling into life in Australia. Contact [studentservices@chc.edu.au](mailto:studentservices@chc.edu.au).

### LEARNING HUB

Our extensive academic collection of print, audio-visual and online resources (journals, videos and eBooks), is available to both on-campus and off-campus students. For one-on-one assistance, see our library staff in the Learning Hub, contact them via [circulation@chc.edu.au](mailto:circulation@chc.edu.au) or (07) 3347 7908, or browse the helpful videos and brochures that are available on the Library page in CHC-Moodle.



## CHILD CARE CENTRES

For local Child Care Centers [childcarefinder.gov.au](http://childcarefinder.gov.au)

## MAJOR SHOPPING CENTRES

**Westfield Carindale**  
1151 Creek Rd  
CARINDALE 3120 5400

**Westfield Garden City**  
Cnr Logan & Kessels Rds  
UPPER MT GRAVATT

**Mt Gravatt Plaza**  
55 Creek Rd  
MT GRAVATT

## SHOPPING VILLAGES

**Metropol Centre**  
742 Creek Rd  
MT GRAVATT EAST

**Wishart Shopping Village**  
590 Mt Gravatt-Capalaba Rd  
WISHART

**Civic Fair**  
280 Newnham Rd  
MT GRAVATT

## POST OFFICES

Phone: 13 13 18

**Australia Post Business Hub**  
52 Dividend St  
MANSFIELD

**Mt Gravatt Post Shop**  
Shop 104/55 Creek Rd  
MT GRAVATT EAST

**Mansfield Postal Shop**  
3/22 Aminya St MANSFIELD

**Metropol Shopping Centre**  
1/738 Creek Rd  
MT GRAVATT EAST

Christian Heritage College  
322 Wecker Rd  
CARINDALE QLD 4152

Ph: (07) 3347 7900  
Fax: (07) 3347 7911

## SPORTS TEAMS/CENTRES

**Brisbane City Indoor Sport**  
[www.brisbanecityindoorsports.com](http://www.brisbanecityindoorsports.com)

**Soccer Mansfield Eagles**  
[www.mesc.org.au](http://www.mesc.org.au)

**Oztag**  
[www.queenslandoztag.com.au](http://www.queenslandoztag.com.au)  
Mansfield: [www.mansfieldoztag.com](http://www.mansfieldoztag.com)

**Touch Football Citytouch**  
[www.citytouch.com.au](http://www.citytouch.com.au)

**Reds Rugby**  
[reds.rugby](http://reds.rugby)

**Netball Brisbane South**  
[www.brisbanesouthwildcats.com.au](http://www.brisbanesouthwildcats.com.au)

**Hibiscus Sports Complex**  
90 Klumpp Rd  
MT GRAVATT 3054 4374

**Mt Gravatt East Aquatic Centre**  
Cnr Newham & Wecker Rd  
MT GRAVATT EAST 3216 8730

## LIBRARY SERVICES

**Carindale Library**  
Westfield Carindale  
1151 Creek Rd  
CARINDALE 3407 1490

**Garden City Library**  
Level R4, Garden City Westfield  
UPPER MT GRAVATT 3403 7745

**State Library of Queensland**  
Cultural Precinct, Stanley Pl  
SOUTH BRISBANE 3840 7666  
[www.slq.qld.gov.au](http://www.slq.qld.gov.au)

## UNILINC

**ACU**  
[library.acu.edu.au](http://library.acu.edu.au)

The information contained in this brochure is not exhaustive but reflects some of the services available in the local area.

CRICOS Provider Name: Christian Heritage College  
CRICOS Provider Number: 01016F  
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# LOCAL INFORMATION 2020

CHC  
Higher Education



## HOSPITALS

**Princess Alexandra Hospital**  
199 Ipswich Rd  
WOOLLOONGABBA 3176 2111

**Mater Adult Public Hospital**  
Raymond Terrace  
SOUTH BRISBANE 3163 8111

**Royal Brisbane and Women's Hospital**  
Butterfield Street  
HERSTON 3636 8111

**Queen Elizabeth II Jubilee Hospital**  
Corner of Kessels and Troughton Roads  
COOPERS PLAINS 3182 6111

**Logan Hospital**  
Corner of Armstrong and Loganlea Roads  
MEADOWBROOK 3299 8899

**Redland Hospital**  
Weippin Street CLEVELAND 3488 3111

## MEDICAL PRACTICES

**Mansfield Family Practice**  
14 Aminya St  
MANSFIELD 3422 1977

**Wishart Village Family Practice**  
Shop 17/590 Mt Gravatt-Capalaba Rd  
WISHART 3420 6653

**Wishart Medical Centre**  
Shop 10/590 Mt Gravatt-Capalaba Rd  
WISHART 3849 2884

**Holland Park General Practice**  
1173 Logan Rd  
HOLLAND PARK 3849 6868

**Doctors @ Carindale Mall**  
Westfield Carindale  
1151 Creek Rd CARINDALE 3135 9898  
(Bulk Billing Available)

## DENTAL PRACTICES

**Newnham Family Dental**  
Shop 8/280 Newnham Rd  
UPPER MT GRAVATT 3172 5718

## DENTAL PRACTICES (CONT.)

**Wishart Family Dental**  
Shop 14/590 Mt Gravatt-Capalaba Rd  
WISHART 3219 1288

**Aminya Street Dental Surgery**  
Shop 2/14 Aminya St  
MANSFIELD 3349 7749

**Wishart Day & Night Pharmacy**  
590 Mt Gravatt-Capalaba Rd  
WISHART 3849 1290

**Cresthaven Pharmacy**  
26 Aminya St  
MANSFIELD 3349 3379

**Chemist Warehouse**  
Shop 10/1230 Logan Rd,  
MT GRAVATT 3349 3430

**Hardings Pharmacy Metropol Centre**  
13/738 Creek Rd  
MT GRAVATT EAST 3422 2133

## BANKS

**WESTPAC**  
13 20 32  
Shop 106, Mt Gravatt Plaza Shopping Centre  
Shop 1088, Westfield Carindale

**CBA**  
13 22 21  
Shop 107, Mt Gravatt Plaza Shopping Centre  
Shop 1096, Carindale Westfield

**NAB**  
13 22 65  
Shop 1097, Carindale Westfield

**ANZ**  
13 13 14  
Creek Rd, Mt Gravatt  
Shop 1095, Carindale Westfield

**SUNCORP**  
13 11 75  
Shop 1097a, Carindale Westfield

## MEDICARE

Westfield Carindale

## CENTRELINK OFFICES

Phone 13 20 11  
57 Sanders Street  
UPPER MT GRAVATT

## CHURCHES

**Citipointe Church**  
322 Wecker Rd, CARINDALE

**Broadwater Rd Uniting Church**  
481 Broadwater Rd, MANSFIELD

**Gateway Church**  
1374 Old Cleveland Road, CARINDALE

**Gateway Baptist Church**  
1052 Mt Gravatt-Capalaba Rd, MACKENZIE

**Greek Orthodox Church**  
269 Creek Rd, MT GRAVATT

**St John's Anglican Church**  
10 Greenwood St, WISHART

**Hillsong Brisbane**  
16 Rover St, MT GRAVATT

**Life Gate Baptist Church**  
92 Broadwater Rd, MT GRAVATT EAST

**St Mark's Lutheran Church**  
71 Newnham Rd, MT GRAVATT

**Seventh Day Adventist Church**  
341/351 Broadwater Rd, MANSFIELD

**The Salvation Army**  
Carindale 202 Gallipoli Road, CARINA

## ACCOMMODATION

**UNIRESORT**  
80 Tryon St  
Upper Mount Gravatt  
3457 5588

**GENESIS1**  
1848 Logan Rd  
Upper Mt Gravatt  
3137 2300

**IF YOU NEED  
SOMEONE TO TALK TO,  
HELP IS AVAILABLE.**

**STUDENT  
COUNSELLING**

**DISRESPECT,  
SEXUAL HARASSMENT  
OR VIOLENCE**

**IS NOT  
TOLERATED  
HERE.**

**IF YOU NEED SOMEONE TO TALK TO,  
HELP IS AVAILABLE**

**SEXUAL  
HARASSMENT**

**IS NOT  
OK.**

**FEELING  
UNSAFE?**

**GO TO CHC'S  
SAFE  
ZONE**

# THE LEARNING HUB SAFE ZONE



**FIRST AID**



**EMERGENCY**



**HELP!**

## EMERGENCY CONTACT

**0428 078 935**

### IN NEED OF HELP?

1800RESPECT 1800 737 732

LIFELINE 13 11 14

BEYOND BLUE 1300 224 636

SEXUAL ASSAULT  
HOTLINE 1800 010 120

CHC'S COUNSELLING  
& SUPPORT CENTRE [COUNSELLING@CHC.EDU.AU](mailto:COUNSELLING@CHC.EDU.AU)



# 5 tips to help you stay motivated with online study

Online, remote or distance learning is different to learning on campus and we understand that it can be hard to be self-directed in your study in this difficult, unprecedented time.

**Professor Blake McKimmie** and **Associate Professor Jason Lodge** have put together some tips which can help you to keep motivated while learning remotely.



**Professor Blake McKimmie**  
School of Psychology, UQ



**Assoc. Professor Jason Lodge**  
School of Education and ITaLI, UQ

## TIP #1 BE KIND TO YOURSELF



- It is [perfectly normal and OK to feel anxious, uncertain and unmotivated](#) in this difficult time.
- [Avoid the negative self-talk](#), give yourself permission to do something non uni-related like taking a walk outside.
- UQ has a range of online [events](#), [workshops](#) and [services](#) aimed at making and maintaining connections and improving academic, life and [wellbeing](#) skills.

### Further info:

[Relaxation](#)

Headspace ([iOS](#) and [Android](#))

[Online workouts](#)



## TIP #3 MANAGE DISTRACTIONS



- Distractions have been [consistently shown to have a detrimental effect on learning](#).
- Turn your phone on silent or place it in another room.
- Temporarily turn off your access to social media with the help of an app – like Focus Lock ([iOS](#) and [Android](#)).
- [Be aware of what distracts you](#) and set boundaries.
- Listen to instrumental music to help you get in the zone, such as Spotify's [Focus](#) collection.

### Further info:

[Student Life workshops](#)

[Time Management & Procrastination](#)



## TIP #5 MONITOR PROGRESS



- Monitor your progress and develop good strategies for learning over the longer term.
- Be open to trying new study strategies if you feel stuck, such as [reaching out](#) to [peers](#) or ask for help from your teachers.

### Further info:

[Tips for collaborating online](#)  
[Collaborative tools](#)



## TIP #2 PLAN FOR SUCCESS



- Planning is important, particularly when [learning online](#).
- Make a to-do list with [achievable tasks](#) and set your own deadlines.
- Break large tasks down to smaller tasks which you are able to complete in under an hour.
- Reward yourself when you finish a task.

### Further info:

[Familiarise yourself with key dates](#)

[Learning and Planning with Concept Mapping](#)

[Studying effectively for exams](#)

[Mindmeister](#)



## TIP #4 AVOID STUDY AVOIDANCE



- Sometimes getting started can be difficult. Promising yourself that you will work for 10 minutes can be a good way to get over the initial barrier.
- Set a timer for perhaps [25 minutes](#) and for that time stay on task.
- Have an 'accountability buddy' – someone to whom you [commit to working on specific tasks](#) and then check in with them afterwards.

### Further info:

[Pomodoro technique](#)

[Student Life workshops](#)



*Remember, it is ok to feel challenged and confused. [Research has repeatedly shown](#) that difficult and challenging learning experiences are amongst the most impactful.*

*Focus on those things that you can control and remember to engage socially, which you can do through UQ's social channels and make sure that you check out Blake's study tip videos on Blackboard!*