OPTM3133

VISION SCIENCE IN THE CONSULTING ROOM

Course Outline
Term 2, 2022

School of Optometry and Vision Science
Faculty of Medicine & Health
1. Staff

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
<th>Consultation times and locations</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Convenor</td>
<td>Dr Revathy Mani</td>
<td><a href="mailto:revathy.mani@unsw.edu.au">revathy.mani@unsw.edu.au</a></td>
<td>By appointment</td>
<td>By email</td>
</tr>
<tr>
<td>Associate Lecturers</td>
<td>Mr Gauri Shrestha</td>
<td></td>
<td>Please contact via course convenor</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ms Suki Jaiswal</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-clinic lab Manager</td>
<td>Dr Dale Larden</td>
<td><a href="mailto:d.larden@unsw.edu.au">d.larden@unsw.edu.au</a></td>
<td>By appointment</td>
<td>By email</td>
</tr>
</tbody>
</table>

2. Course information

Units of credit: 6

Pre-requisite(s): OPTM2133: The Clinical Environment

Teaching times and locations: Please refer to Moodle and my.unsw.edu.au

http://www.timetable.unsw.edu.au

<table>
<thead>
<tr>
<th>Component</th>
<th>HPW</th>
<th>Day &amp; Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture</td>
<td>1</td>
<td>Mon 3 pm-4 pm</td>
<td>Online</td>
</tr>
<tr>
<td>Lecture</td>
<td>1</td>
<td>Wed 9 am-10 am</td>
<td>Online</td>
</tr>
<tr>
<td>Pre-clinical laboratory Week 1-5, 7-10)</td>
<td>2</td>
<td>Tue 12pm-2pm</td>
<td>Preclinical lab, Rupert Myers Building</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wed 11am-1pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wed 1pm-3pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Thu 11am-1pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fri 9:00-11:00am</td>
<td></td>
</tr>
<tr>
<td>Pre-lab work</td>
<td>1</td>
<td>Prior to Practicals</td>
<td>Moodle</td>
</tr>
<tr>
<td>Moodle revision</td>
<td>1</td>
<td>Prior to Practicals</td>
<td>Moodle</td>
</tr>
<tr>
<td>TOTAL</td>
<td>5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# 2.1 Course summary
This course introduces the vision science in the consulting room. Students will be taught how to assess the binocular vision status of the eye. Students will also learn how to investigate sensory-motor status, heterophoria, accommodation, vergence, oculomotor functions and conduct binocular vision testing procedures. This course will ensure that students are ready for the Stage 4 pre-clinical courses. It provides topics suited to the Bachelor of Science with a major in Vision Science program as well as those that will progress to the Master of Clinical Optometry program. This course covers a wide spread of topics without the depth offered in the Master of Clinical Optometry program.

# 2.2 Course aims
The Term 2 Stage 3 course 'Vision Science in the Consulting Room' aims to introduce students to the theory and practical demonstrations of binocular vision evaluations used in routine eye examination.

# 2.3 Course learning outcomes (CLO)
At the successful completion of this course you (the student) should be able to:

1. Describe the basic concepts of binocular vision and interaction between vergence and accommodation system in achieving a clear single binocular vision
2. Examine and describe the binocular vision status by assessing heterophoria accommodation, vergence, AC/A ratio, stereopsis, versional eye movements including saccades, smooth pursuits and fixation disparity
3. Conduct a binocular vision assessment to accurately diagnose non-strabismic binocular vision anomalies.
4. Demonstrate the ability to plan and execute an effective optometric management for non-strabismic binocular vision anomalies.

# 2.4 Relationship between course learning outcomes and assessments

<table>
<thead>
<tr>
<th>Course Learning Outcome (CLO)</th>
<th>LO Statement</th>
<th>Related Tasks &amp; Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLO 1</td>
<td>Describe the basic concepts of binocular vision and interaction between vergence and accommodation system in achieving a clear single binocular vision</td>
<td>Mid-semester exam, Final theory exam, Written assignment</td>
</tr>
<tr>
<td>CLO 2</td>
<td>Examine and describe the binocular vision status by assessing heterophoria accommodation, vergence, AC/A ratio, stereopsis, versional eye movements including saccades, smooth pursuits and fixation disparity</td>
<td>Mid-semester exam, Final theory exam, Final prac exam, Written assignment</td>
</tr>
<tr>
<td>CLO 3</td>
<td>Conduct a binocular vision assessment to accurately diagnose non-strabismic binocular vision anomalies</td>
<td>Final prac exam</td>
</tr>
<tr>
<td>CLO 4</td>
<td>Demonstrate the ability to plan and execute an effective optometric management for non-strabismic binocular vision anomalies</td>
<td>Final theory exam, Written assignment</td>
</tr>
</tbody>
</table>
3. Strategies and approaches to learning

3.1 Learning and teaching activities
This course will be delivered via lectures and practical classes. Prior to attending the practical classes, students are required to review the relevant lecture, watch clinical videos on the technique and complete a Moodle quiz on the content.

**OPTM3133** builds on the knowledge obtained in the first- and second-year program and encourages students to take responsibility for their own learning. While many resources are available e.g. clinical videos, lecture notes, recommended readings, Moodle discussions and smaller supervised practical classes, it is students’ responsibility to ensure that they have achieved the learning outcomes for this course. This will prepare students for the life-long learning that is expected from a health care professional.

3.2 Expectations of students
Students are reminded that UNSW recommends that a 6 units-of-credit course should involve about 150 hours of study and learning activities. The formal learning activities total approximately 50 hours throughout the term and students are expected (and strongly recommended) to do at least the same number of hours of additional study.

<table>
<thead>
<tr>
<th>Expectations of Students</th>
<th>Some components of this course are compulsory, and you are expected to attend. Attendance at compulsory course components will be monitored by taking a roll.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>The compulsory course components, and the justification for their compulsory nature, are as follows:</td>
</tr>
<tr>
<td></td>
<td>• Preparation for practicals is crucial. It is important and assumed that students will keep up with the required readings, complete pre-prac quizzes, and watch relevant Moodle videos.</td>
</tr>
<tr>
<td></td>
<td>• All practical classes are COMPULSORY because they act to reinforce theoretical components of the course, while teaching critical practical clinical skills prior to use in the clinic in the final years of the program. Any absences due to illness must be accounted for by a medical certificate presented to Dr Revathy Mani (and may be required to be sent to Student Central pending the number of absences). Attendance will be monitored by taking the roll.</td>
</tr>
<tr>
<td></td>
<td>• There can be no swapping between practical groups, including practicals that involve cycloplegia or dilation.</td>
</tr>
<tr>
<td></td>
<td>• Punctuality is expected. Lateness for practical classes may be recorded as an absence. Contact the Laboratory Supervisor Dale Larden (9385 4623) if you are running late so your partner can be put to alternate work.</td>
</tr>
</tbody>
</table>

The University uses email as an official form of communication for students. All UNSW students have their own email account. The School of Optometry and Vision Science will also make use of this form of communication.

It is extremely important that you know how to use your university email and ensure that you check it regularly. You are advised to link your official UNSW email address to your habitual email address (e.g. hotmail). You will miss out on vital information from the School and University if you do not check your uni emails.

For more information or if you are having connection or access problems, see:

**IT Service Centre**

https://www.myit.unsw.edu.au/

Telephone: 02 9385 1333

Contact Us: https://www.myit.unsw.edu.au/contact-us
4. Course schedule and structure

Some of this information is available on the [Online Handbook](http://www.handbook.unsw.edu.au) and the [UNSW Timetable](http://www.timetable.unsw.edu.au).

<table>
<thead>
<tr>
<th>Week</th>
<th>Lecture 1</th>
<th>Lecture 2</th>
<th>Practicals (2 hours/week)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mon 3-4pm</td>
<td>及 time later</td>
<td>(8pm-9pm &amp; 9pm-10pm)</td>
</tr>
<tr>
<td>Week 1</td>
<td>Introduction to the Course and Overview of Binocular Vision (BV)</td>
<td>Ocular motility testing, &amp; Sensory evaluation</td>
<td>Ocular Motility &amp; Sensory Motor Evaluation</td>
</tr>
<tr>
<td>Week 2</td>
<td>Measurement of Heterophoria</td>
<td>Measurement of Heterophoria &amp; AC/A</td>
<td>Measurement of Heterophoria</td>
</tr>
<tr>
<td>Week 3</td>
<td>Vergence tests</td>
<td>Tests of Accommodation</td>
<td>Vergence tests</td>
</tr>
<tr>
<td>Week 4</td>
<td>Fixation Disparity</td>
<td>Revision for Mid -Term (BB Collaborate)</td>
<td>Tests of Accommodation</td>
</tr>
<tr>
<td>Week 5</td>
<td>Vergence Anomalies -Low, High &amp; Normal AC/A</td>
<td>Anomalies of Accommodation</td>
<td>Fixation Disparity</td>
</tr>
<tr>
<td>Week 6</td>
<td>Flexibility Week</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 7</td>
<td>Mid-term feedback (BB Collaborate)</td>
<td>BV Case Analysis- Accommodation</td>
<td>Case Analysis</td>
</tr>
<tr>
<td>Week 8</td>
<td>Interaction between Vergence and Accommodation</td>
<td>Anisometropia &amp; Aniseikonia</td>
<td>Full BV Tests + Case Discussion</td>
</tr>
<tr>
<td>Week 9</td>
<td>Introduction to Vision Therapy</td>
<td>Evidence based practice in BV Cases</td>
<td>Revisit Full BV tests</td>
</tr>
<tr>
<td>Week 10</td>
<td>Assignment Feedback (BB Collaborate) Revision for Final Exam</td>
<td>Revision for Final Exam (BB Collaborate)</td>
<td>Practical Revision/ Catch up Practical</td>
</tr>
</tbody>
</table>

Exam Period: 12 August – 25 August
Supplementary Exams for 2022 will be held as follows:

## 5. Assessment

### 5.1 Assessment tasks

<table>
<thead>
<tr>
<th>Assessment Task</th>
<th>Learning Objectives</th>
<th>Length</th>
<th>Weight</th>
<th>Due Date</th>
<th>Feedback by Revathy Mani</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1: Mid-semester exam</strong></td>
<td>CLO 1 &amp;2</td>
<td>30 minutes <strong>Online</strong> exam on <strong>Inspera</strong>. Extended/Multiple choice questions. Covers course material from Lecture in Week 1-4</td>
<td>10%</td>
<td>Week 7 Mon Lecture 1. General feedback will be provided.</td>
<td>Moodle Marks</td>
</tr>
<tr>
<td><strong>2: Written Assignment</strong></td>
<td>CLO 1, 2, 3-4</td>
<td>A clinical written case report of 500 words ±10% of a unique individual case given in Week 7 Mon 9:00 am via Moodle. The assignment must be submitted in Moodle in Week 9 Mon 11:59 pm. See instructions, sample case reports and rubric criteria for assessment in Moodle site.</td>
<td>20%</td>
<td>Week 9 Monday 9:00 am</td>
<td>Based on Rubric Criteria and sample case report in Moodle site. General feedback will be provided.</td>
</tr>
<tr>
<td><strong>3: Final theory exam</strong></td>
<td>CLO 1, 2 &amp; 4</td>
<td>Two-hours <strong>online exam on Inspera</strong> in terms of multiple or extended choice questions or short answers, will be conducted covering Week 1-5 &amp;7-10 lecture and practical course material and will be conducted in computer labs in campus. <strong>MUST PASS (50% or more) FINAL EXAM TO PASS COURSE.</strong></td>
<td>35%</td>
<td>During exam period</td>
<td>Final marks released on my.unsw.edu.au for the whole course</td>
</tr>
<tr>
<td><strong>4: Final prac Exam</strong></td>
<td>CLO 2 &amp; 3</td>
<td>This exam will assess the competency in each technique from all practical aspects of the course. <strong>MUST PASS (50% or more) FINAL EXAM TO PASS COURSE.</strong></td>
<td>35%</td>
<td>During exam period</td>
<td>Final marks released on my.unsw.edu.au for the whole course</td>
</tr>
</tbody>
</table>

*NOTE: This course will have an invigilated exam held on UNSW’s Kensington campus. The exam will be conducted on Inspera, an online assessment platform. A requirement for this exam is that you come to your exam with a fully charged laptop. If you are completing this course online as a remote student the UNSW Exams Team will contact you to arrange an online invigilated exam monitored by UNSW staff, via Zoom. You will need a working camera and microphone on your laptop and will be required to have your camera on for the entire duration of the exam.*
5.2 Submission of assessment tasks

Assignment Submissions

Assignments should be submitted via Moodle (electronic submission).

This includes completed laboratory reports and logs which should be scanned/photographed and submitted via Moodle.

If your assignment requires submission of a pair of glasses/contact lenses, these may be submitted via the Assignment submission box at the Student Enquiry office (North Wing, Rupert Myers Building, Room 3.003), however the accompanying report should be submitted via Moodle.

Marked assignments can be collected from the:

- School Enquiry office during counter opening hours.
  - You must show a valid student card to do this.

The School Policy on Submission of Assignments (including penalties for late assignments) and the Assignment Attachment Sheet are available from the School office (RMB3.003) and the School website at: https://www.optometry.unsw.edu.au/study/undergraduate-degrees/important-information-and-policies

Assessment Procedures

SCHOOL OF OPTOMETRY AND VISION SCIENCE, UNSW

SUPPLEMENTARY EXAMINATION INFORMATION, 2022

SPECIAL CONSIDERATION

On some occasions, sickness, misadventure or other circumstances beyond your control may prevent you from completing a course requirement, such as attending a formal end of semester examination. In these cases you may apply for Special Consideration. UNSW operates under a Fit to Sit/Submit rule for all assessments. If a student wishes to submit an application for special consideration for an exam or assessment, the application must be submitted prior to the start of the exam or before an assessment is submitted. If a student sits the exam/ submits an assignment, they are declaring themselves well enough to do so. The application must be made via Online Services in myUNSW. Log into myUNSW and go to My Student Profile tab > My Student Services > Online Services > Special Consideration and attach student’s supporting documentation (such as a medical certificate).

CHRONIC ISSUES AND PRE-EXISTING CONDITIONS

If you have chronic issues and pre-existing conditions, we recommend you apply for Educational adjustments for disability support through Disability Services.
Register for Equitable Learning Support (formerly Disability Support Services) at https://student.unsw.edu.au/els/register

Absence from a final examination is a serious matter, normally resulting in a Fail (FL) grade. If you are medically unfit to attend an examination, YOU MUST CONTACT THE SCHOOL DIRECTLY ON THE DAY OF THE EXAMINATION TO ADVISE OF THIS (telephone 02 9385 4639, email: optometry@unsw.edu.au). You must also submit a Request for Special Consideration application as detailed on the UNSW website: https://student.unsw.edu.au/special-consideration

It is the responsibility of the student to consult the web site or noticeboard to ascertain whether they have supplementary examinations. This information WILL NOT be conveyed in ANY other manner. Interstate, overseas or any other absence cannot be used as an excuse.

This information will be available on the School web site at https://www.optometry.unsw.edu.au/ (do not confuse the School website with the myUNSW website) and posted on the notice board on Level 3. This information will be available as soon as possible after the School Examination Committee meeting.

SUPPLEMENTARY EXAMINATIONS FOR 2022 WILL BE HELD AS FOLLOWS:

FOR TERM 1:
- STAGE 1-4* COURSES: WEDNESDAY, 18 MAY 2022 – FRIDAY, 20 MAY 2022
- THERE WILL BE NO SUPPLEMENTARY EXAMINATIONS FOR STAGE 5 STUDENTS IN TERM 1 2022

FOR TERM 2:
- STAGE 1-4 COURSES: WEDNESDAY, 31 AUGUST 2022 - FRIDAY, 2 SEPTEMBER 2022
- THERE WILL BE NO SUPPLEMENTARY EXAMINATIONS FOR STAGE 5 STUDENTS IN TERM 2 2022

FOR TERM 3:
- STAGE 5 COURSES ONLY: DURING THE WEEK OF MONDAY, 12 DECEMBER 2022 – FRIDAY, 16 DECEMBER 2022
- STAGE 1-4* COURSES: WEDNESDAY, 14 DECEMBER 2022 - FRIDAY, 16 DECEMBER 2022

Supplementary examinations will be held at the scheduled time only. If students who are granted supplementary examinations do not attend, a failure will be recorded for that course. Students should not make travel arrangements, or any other commitments, before establishing whether or not they have supplementary examinations. Ignorance of these procedures, interstate, overseas or any other absence will not be accepted as an excuse. But usual Special Consideration still applies.

If additional assessment is not scheduled, this does NOT indicate whether or not a student has passed or failed the course. Results will be received in the usual way. Please do not contact the School in this regard.

Please note the above applies to OPTM and VISN courses only. Any information on supplementary examinations for servicing courses (e.g. CHEM****) is the responsibility of the School conducting the course.

* Stage 4 includes courses in the first year of the MClinOptom program.

School of Optometry and Vision Science, UNSW, 23 November 2021
5.3 Submission of assessment tasks

Late Submission

Late submissions will be penalized at 5% per day capped at five days (120 hours). Students will not be permitted to submit their assessments after this date.

Special Consideration

If you experience a short-term event beyond your control (exceptional circumstances) that impacts your performance in a particular assessment task, you can apply for Special Considerations.

You must apply for Special Consideration before the start of your exam or due date for your assessment, except where your circumstances of illness or misadventure stop you from doing so.

If your circumstances stop you from applying before your exam or assessment due date, you must apply within 3 working days of the assessment, or the period covered by your supporting documentation.

More information can be found on the Special Consideration website.

6. Academic integrity, referencing and plagiarism

Referencing is a way of acknowledging the sources of information that you use to research your assignments. You need to provide a reference whenever you draw on someone else's words, ideas or research. Not referencing other people's work can constitute plagiarism.

Further information about referencing styles can be located at student.unsw.edu.au/referencing

Academic integrity is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits: honesty, trust, fairness, respect, responsibility and courage. At UNSW, this means that your work must be your own, and others’ ideas should be appropriately acknowledged. If you don’t follow these rules, plagiarism may be detected in your work.

- Further information about academic integrity and plagiarism can be located at:
  - The Current Students site student.unsw.edu.au/plagiarism, and
  - The ELISE training site subjectguides.library.unsw.edu.au/elise

The Conduct and Integrity Unit provides further resources to assist you to understand your conduct obligations as a student: student.unsw.edu.au/conduct.

7. Readings and resources

1. A comprehensive Practical Manual will be available on Moodle.
2. Scheiman and Wick’s Clinical Management of Binocular Vision
3. Clinical procedures in Primary Eye care E book (Vth edition) by David B Elliot
4. Kiely: Optometric competencies
5. Lian et al.: disinfection procedures
6. NSW Health Hand Wash Policy

7. Optometrists’ Code of Conduct\(^5\)
8. Australian guidelines for the prevention and control of infection in healthcare\(^6\)
9. Moodle videos for each procedure prior to coming to the practical classes
10. Moodle discussion participation
11. Recommended readings will also be included in each set of lecture notes

### 8. Administrative matters

#### Required Equipment, Training and Enabling Skills

<table>
<thead>
<tr>
<th>Equipment Required</th>
<th>This will be listed under each prac</th>
</tr>
</thead>
</table>

#### Enabling Skills Training Required to Complete this Course

- Revision of clinical videos prior to taking part in practical classes
- Completion of quiz prior to taking part in practical classes
- Moodle quiz/discussions prior to attending lectures
- Students are expected to be computer and information literate at this stage of the program. Students should have completed the ELISE course (see UNSW library website) or similar information literacy courses offered by UNSW (eg LILT or BIOS).

Students need to also aware that some procedures, involve direct contact with the eye. All Health and Safety (HS) rules apply and must be adhered to.

#### Course Evaluation and Development

Student feedback is gathered periodically by various means. Such feedback is considered carefully with a view to acting on it constructively wherever possible. This course outline conveys how feedback has helped to shape and develop this course.

<table>
<thead>
<tr>
<th>Mechanisms of Review</th>
<th>Last Review Date</th>
<th>Comments or Changes Resulting from Reviews</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Course Review</td>
<td>September 2021</td>
<td>This course has been redesigned with a specific focus on Binocular Vision. The learning outcomes and course structure were modified with clear information on assessments were provided. Few other clinical techniques and theory have been moved to other clinical courses in stages 2-4. This change has also been approved by the university in late 2021.</td>
</tr>
<tr>
<td>myExperience(^2)</td>
<td>September 2021</td>
<td>This course covers basics of binocular vision, tests that assess binocular vision and diagnosis. In order to adapt to the new 10-week term, students are expected to self-direct their learning to a greater extent than previously. More online notes, videos of clinical techniques and self-assessment (such as study questions and Moodle quizzes) have been incorporated into the course. The myExperience surveys highlighted inadequate spacing between lectures and practical classes, and unclear examination information. This has been addressed in the revision of the course with increased spacing between course components and advanced information on examination content.</td>
</tr>
</tbody>
</table>

#### Work Health and Safety\(^3\)

- Information on relevant Occupational Health and Safety policies and expectations both at UNSW and if there are any school specific requirements.

Information on relevant policies and expectations is provided during General Safety Induction training. A copy of the Induction booklet distributed at this training is available.

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from the School of Optometry and Vision Science office (RMB3.003) and the School website at: [https://www.optometry.unsw.edu.au/about/information-and-policies/work-health-and-safety](https://www.optometry.unsw.edu.au/about/information-and-policies/work-health-and-safety)

### Equity and Diversity

Those students who have a disability or are dealing with personal circumstances that affect their study that requires some adjustment in their teaching or learning environment are encouraged to discuss their study needs with the course Convenor prior to, or at the commencement of, their course, or with the Equity Officer (Disability) in the Equitable Learning Services (formerly Disability Support Services). Appointments with Equitable Learning Services are now being offered as video, phone and in person at the Kensington Campus. Contact ELS via Email: els@unsw.edu.au or [https://student.unsw.edu.au/els](https://student.unsw.edu.au/els)

Issues to be discussed may include access to materials, signers or note-takers, the provision of services and additional exam and assessment arrangements. Early notification is essential to enable any necessary adjustments to be made.

<table>
<thead>
<tr>
<th>Student Complaint Procedure</th>
<th>School Contact</th>
<th>Faculty Contact</th>
<th>University Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dr Sieu Khuu <a href="mailto:s.khuu@unsw.edu.au">s.khuu@unsw.edu.au</a> Tel: 9385 4620</td>
<td>Professor Gary Velan Senior Vice Dean, Education Tel: 9385 1278</td>
<td>Student Conduct and Integrity Unit Telephone 02 9385 8515, Email: <a href="mailto:studentconduct@unsw.edu.au">studentconduct@unsw.edu.au</a></td>
</tr>
</tbody>
</table>

| University Counselling and Psychological Services | Information on Psychology and Wellness (Formerly known as Counselling and Psychological Services) is available at: [https://www.counselling.unsw.edu.au/](https://www.counselling.unsw.edu.au/) Tel: 9385 5418 |

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2myExperience process: [https://teaching.unsw.edu.au/myexperience](https://teaching.unsw.edu.au/myexperience)

3UNSW OHS Home page

4Student Complaint Procedure

5University Counselling and Psychological Services
9. Additional support for students

- The Current Students Gateway: student.unsw.edu.au
- Academic Skills and Support: student.unsw.edu.au/skills
- Student Wellbeing, Health and Safety: student.unsw.edu.au/wellbeing
- UNSW IT Service Centre: https://www.myit.unsw.edu.au/