Succeeding at University
Presented by Student Wellbeing Advisory Service  Sem 1 2015
Acknowledgement

Curtin’s Bentley campus enjoys the privilege of being located in Whadjuk/Nyungar country on the site where the Swan and Canning Rivers meet.

We go forward with honour and respect, by acknowledging the Elders of the Nyungar Nation past and present, their descendants and families, sovereign owners of Whadjuk country.
There has been lots of research on Uni students

- We know **exactly** which factors are linked to success
- All of them are open to change.
  i.e. if you fall short on any of these, you can do something about it.
- Take notes – use Curtin home page search for more info on areas discussed
Meet your neighbours/classmates/future colleagues

- Introduce yourself to someone you don’t know
  - Tell them what degree you are starting and why
  - Tell them why you came to this session
  - Then some of you have to tell me about your discussion!
1. Why are you at University?

- Successful students have clear motivation
  - Career path
  - Intrinsic interest in course content
  - Or both
  - Or some other good reason that works for you
So... If you don’t really know why you are here...

- **Talk** to someone about it:

The Curtin Careers Centre is **your** professional service

Drop in: Building 303 level 2     Phone: 9266 7802
Email: careers@curtin.edu.au

- **OR... Talk to:**
  - Your course coordinator or other teaching staff
  - A Student Wellbeing Advisor*
  - Your Mentor*
  - Counselling Services*
  - Fellow students
  - Someone work in the field you are studying
  - Your parents

FIND OUT MORE: Curtin home page, search “Careers”
*Mentors*

- EVERY new UG student gets a mentor – a senior student in your course.
- Meet them at Orientation
- Check your student email – they will contact you
- ASK THEM QUESTIONS, use them to help you – they love it!
- PG students – Guild PG Mentor Program

**FIND OUT MORE:**
Curtin home page, search “Mentoring” & “Guild”
*Student Wellbeing Advisory Service

- Problems big or small, personal or academic, trouble with paperwork or just plain confused?
- Free, helpful, friendly, referrals where necessary, guidance and support

**Student Wellbeing Advisory Service**

Drop in building 103, call 1800 244 043

(Back of your student card)

studentwellbeing@curtin.edu.au
Remember – if you don’t know where to go or who to ask:

STUDENT WELLBEING ADVISORY SERVICE

Free call 1800 244 043
studentwellbeing@curtin.edu.au
DROP IN to building 103
*Counselling*

- Highly confidential free support from Clinical Psychologists
- Great for general life skills, mindfulness, self-talk management and motivation, through to mental health issues

**Counselling and Disability Services**

9266 7850 or 1800 651 878 (Freecall)
Reception building 109 Level 2

**FIND OUT MORE:**
Curtin home page, search “Counselling”

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CRICOS Provider Code 00301J
2. A stable place to live and study

It's important to have somewhere:

- Safe and affordable

- Appropriate for study - e.g. desk, computer, stuff that you need for your course

- Living either with family or with other students is best to avoid too many distractions from working party animals with money

- A reasonable journey to Curtin - too much travel time is a pain
Got any accommodation queries?

- **Housing Services** can help you...Drop in to Building 103 or Phone 9266 4430

- On and off campus housing lists
- Tenancy advice

FIND OUT MORE: Curtin home page, search “Housing”
3. Money

Successful students:

- Understand what it all costs
- Are aware of “hidden” costs that sneak up on you
- Plan financially so their jobs do not impact on class and study
- Seek help if money problems emerge rather than just trying to work lots of extra hours
- MAKE THE TOUGH CHOICES – go part time if necessary
Common problem….

- Over work leads to fails and wasted money!

GET SUPPORT:

- Guild Student Assist & emergency financial loans
- Guild bookshop grants
- Scholarships

FIND OUT MORE: Curtin home page, search “Financial Help”
4. Attendance and staying up to date

- There is a **strong** relationship between attendance and results - the more you attend, the better your grades!

- Students who stay up to date generally succeed - and falling behind can be a vicious circle of always trying to catch up.

- So...be here and do the work!

- (Or watch the lectures carefully and REGULARLY! Then attend tutorials)
Attendance

- Students who attend virtually all classes and put in the associated study are almost always successful.
- Class attendance plus study time for full time study = approx 40 hours per week – a full time job!!
- Get a diary, plan your weeks.
- Read the Unit Outline VERY CAREFULLY – plan your semester.

A Chicago study
Staying up to date
OASIS AND BLACKBOARD

- OASIS – news, information, emails and OCC (official communication channel)
- You’ve just signed a contract to read emails at least once a week!
- BLACKBOARD – course specific information and news, discussion forums
- Ask for help!

RISK FACTOR WARNING: less use of Bb and OASIS shows a higher risk of attrition! Keep up to date with Bb and OASIS to enhance your success!

FIND OUT MORE:
Curtin home page, search:
“PC Champs” (Curtin Volunteers!)
“Abacus Lab staff”
“Elearn.curtin.edu.au”
“CITS (Curtin IT Services)”
5. Get to know people – make a connection

- Students who form good relationships with other students:
  - feel much more at ease about being at uni
  - have a support network
  - have a great time

- It could be
  - other students in your course
  - Faculty clubs or Guild clubs
  - recreational courses
  - Curtin Volunteers!
  - or just people you meet in the cafe
Connected students thrive

Sports Clubs (Curtin Stadium)

Guild Clubs

Curtin Leadership Centre

Curtin Volunteers!

Other students in your course

Your Mentor

Swap contacts (e.g. mobile, Facebook) with at least a few students in the first week or so

• Arrange a meeting (Curtin student email)
• Email him/her and stay in touch
• Pick their brains

• Speak to them
• Seek their advice
• Make sure they know who you are

Your teachers
CURTIN LEADERSHIP CENTRE

Some skills you can’t learn in class. Curtin Leadership Centre offers free leadership programs and real-world experience. Our programs are designed to help you learn valuable study skills, boost your employability and get you involved in your community.

Our programs include:
• Curtin Leaders Program
• John Curtin Leadership Academy
• Tailor Leadership Training

Contact us:
Tel: 9266 9276
Email: leadership@curtin.edu.au
Our office: Building 303/ Level 2
CURTIN LEADERS PROGRAM

The Curtin Leaders Program combines leadership skills modules with volunteering to help you learn valuable study skills, boost your employability and get you involved in your community.

1. Complete five leadership skills modules
Choose from modules such as Leadership 101, Teamwork and Goal Setting. Join us in face-to-face workshops, or engage online at challenge.curtin.edu.au.

2. Participate in volunteering
Apply your leadership skills to a real-world experience by completing a minimum of 10 hours of volunteering.

3. Reflect on your experience
Reflect on what you have learnt by completing an online survey.

= Curtin Extra Certificate
STUDENT FEEDBACK

“I really enjoyed how interactive and interesting the modules were. There were also really good activities, quotes, and quality links and videos.”

“I feel as if I have become more aware and more proactive in my efforts of developing myself into a strong and confident leader.”

“Yes, it made me realise that leadership is part of everyone's job and that by being self-aware it makes you a better leader.”

“I used to think that I couldn't be a leader because I'm shy. Attending the leadership workshops gave me the chance to meet people I wouldn't otherwise have met, which gave me more confidence.”
6. Develop good study skills and use the study supports available to you

- There are plenty of study-related skills to develop
  - Effective use of the Library
  - Referencing
  - Computer and systems use
  - Academic writing
  - Group work

- You may not know it all now – there is help available!

FIND OUT MORE:
- Library Tours during Oweek and week 1
- End note help (Library) and TLC
- The Learning Centre (TLC)
6. Develop good study skills and use the study supports available to you

- Lecturers and Tutors - first point of call for study advice
- Library
- End Note (Referencing)
- The Learning Centre
- UniPASS
- Curtin Life homepage – life.curtin.edu.au
- Ask for help – EARLY!
TLC has in-house and faculty workshops; on-line interactive workshops; on-line resources; and a drop-in service for all students – undergraduate and post-graduate – of all year and entry levels.
UniPASS

- FREE peer facilitated group study sessions
- Meet people, use your peers, learn from each other
- Learn more effectively – unit specific study skills
- 5 sessions = 6% increased grade!
- Commences week 2
- Look in Blackboard for your Unit
- Mainly 1st year units, but some others

FIND OUT MORE:
Search “UniPASS” Curtin home page
7. Work out how the admin system works

- Not understanding admin processes can affect study
  - Enrolment, withdrawal, fees, etc
  - Parking
  - Sanctions and fines

- [Current Students](#) web site or via your OASIS login

- Confused? Who do you call...
Remember – if you don’t know where to go or who to ask:

STUDENT WELLBEING ADVISORY SERVICE

Free call 1800 244 043
studentwellbeing@curtin.edu.au
DROP IN to building 103
8. Deal with any problems issues as soon as they arise

- Things can go wrong.
  - Sickness
  - Car crash
  - Relationship problems
  - Issues in your family life

- There are ways for Curtin to be flexible – admin and back up

- So, if something isn't going right:
  - Deal with it now
  - Use the free support services
  - GET BACK UP PAPERWORK (Doctor’s Certificates, Counselling notes, insurance claims, police statements etc)
Sources of help

- Life.curtin.edu.au

- Above all – please please please please please do not just leave without talking to someone

- And remember – if you don’t know where to go, start with…
Remember – if you don’t know where to go or who to ask:

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9. Anticipate and address other variables in your life

- Family needs
  - You might need to renegotiate family roles from time to time

- Employment commitments
  - There is a limit to how many hours a full-time student can work (and still pass!)

REMEMBER: There is always help available, and part time study is an option!
Pulse check: How are you feeling now?

- Have some of your concerns been addressed?

- If not, let me know!
Successful students know their Rights and Responsibilities

- Self directed learning
- Access to staff
- Good facilities
- A safe environment, free of harassment, bullying, discrimination etc.
- Academic integrity
- Complaints and feedback processes
- Opportunities for personal development
Academic Integrity and Student Conduct

Academic Integrity and Plagiarism

Student Guidelines for Avoiding Plagiarism
PDF
Download

Student Checklist to Prevent Plagiarism
PDF
Download
Student conduct at Curtin

Curtin University is a community where all staff and students have rights and responsibilities and are expected to uphold Curtin’s core values of Integrity, Respect, Fairness and Care.

- Conduct at Curtin: A guide for students
  - Own your behaviour
  - Statute 10
  - Suspension of Enrolment

Conduct at Curtin: A guide for students

This guide outlines the rights you have as a student, the expectations that the University has of you, and what you can expect from the University. It outlines where you can seek advice and what you can do if you have any concerns or questions about conduct at Curtin.
And if you are concerned...

You can register a formal complaint or concern from Curtin’s home page www.curtin.edu.au

- Complaints are taken seriously at Curtin
- Anonymous or not
- Serious or minor complaints – if it affects your wellbeing, mention it
- ISU (Integrity and Standards Unit)
We used to end with “Good Luck”

- But it *isn’t just good luck*

- Your success at Uni is in your own hands… with a little help from Curtin!

- All Orientation information can be found via your OASIS log in – see the StartUp channel and on Orientation website
Remember – if you don’t know where to go or who to ask:

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