Hello,

It’s hard to believe that it’s already week 10 of the Semester so many of you may be finding it hard to stay motivated and on track to meet your study goals. The START (Student Transition and Retention Team) can advise you about academic skills or motivational workshops. We can also discuss your opportunities to course switch in Semester 2 if you think you may be in the wrong course. You can contact us by phoning 1800 244 043 or emailing studentwellbeing@curtin.edu.au. Alternatively, if you are on the Bentley Campus, you can drop into Building 102 for a chat.

It’s not too late to register for UniPASS classes!

UniPASS is a study support programme run by students for students in selected units. It’s fun, informal and interactive and will help you achieve great results. You can register via Blackboard or for more information, go to www.unilife.curtin.edu.au/UniPASS.htm

Disappointed with your last assignment?

Bring your marked assignment to The Learning Centre for tips on how it could be improved -a valuable help for your next assignment submission! Appointments are not necessary- just drop in to Building 303 (Level 2) between 2pm and 5pm every afternoon.

Exam help

Improve your exam results – it’s never too late to get better!


How to prepare for exams

Wednesday 9 May 2.00 pm to 3.00 pm
Wednesday 16 May 2.00 to 3.00 pm

Managing exam anxiety

This program will help you control your anxiety to enhance your performance during exams.

Date: May 22 (Tuesday)
Time: 1–4 pm
Registrations open on 15th May.

Counselling:
Withdrawing from units

If you are really struggling and feel you can’t manage your study load, you can withdraw from units without academic penalty (meaning you get a WD- Withdrawn on your permanent academic record as opposed to an F- Fail grade) until Friday May 4. Please note that you will still be liable for fees for these withdrawn units. However if you have extenuating personal circumstances, that can be supported with documentary proof, you will be able to apply for a fee refund or remission of HECS debt. See the Fee Centre webpage for more information.

Early morning yoga or tai chi

As you head towards exam and final assessments, you will probably notice increasing stress levels that may have a negative impact on your overall wellbeing. The benefits of yoga and tai chi have been well documented for their stress relief qualities. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety. If you’re looking for another way to reduce stress, consider tai chi (TIE-chee). Tai chi is sometimes described as “meditation in motion” because it promotes serenity through gentle movements — connecting the mind and body.

You can practice yoga or tai chi alone or with friends. The new Curtin Stadium timetable offers these classes early in the morning for the month of May, June and July which is great for students who will be on campus all day to study! For more information, see http://recreation.curtin.edu.au/GroupFitnessTimetable.pdf

Contributor bloggers

- Do you like to write?
- Do you want to help fellow students understand what Uni’s about?
- Do you want to be part of an online community, sharing advice (and receiving advice!) about how to settle in to your first year?
The **Student Wellbeing** blog is about giving first year students a space to share their experience of starting uni. Other students will read the blog to find out what life at uni is really like on a daily or weekly basis and how you cope with common challenges that students face.

**How to become a blogger…**

Simply send an [email](mailto:) to us with a mini-blog (up to a 100 words) about why you would be a great first year contributor!

That’s all from us, keep well and stay safe.

Bahareh Saberi & Christine Barker

Student Wellbeing Advisors