



Being a Successful Uni student

Adiemus Seah
Ania Zysk

Orientation to UniSA
For Commencing Students

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Purpose of workshop

- To think about the challenges ahead – predictable and unpredictable
- To suggest some strategies for success
- To give you information on LTU and other UniSA services




Ice Breaker

Common challenges




Employment
and study




Study skills



Health &
recreation



Study
personality



Managing
relationships



Adjusting to
university life



Know where to find help and whom to approach

Know how to manage your time

Know what motivates you and work towards your goals



Input from Business Mates

Strategies for success

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Balance employment and study commitments

- How many hours per week do I work?
- How many courses of study can reasonably fit with this?
- What is my work and study priority this year?

Develop effective study skills

- Academic: reading, writing, note-taking, research, computer skills
- Time management (study planners)
- Goal setting
- Motivation

Understand my study personality

- Perfectionist
- Procrastinator
- Planner & doer



Input from Business Mates

Adjust to university life

- Transition into new study and living environment

Managing relationships

- How much time do I need/want to spend on my relationships?
- Who are the people who support my study goals?
- How do I build my relationships with university staff?
- How will I build my new peer networks?

Health & recreation

- What can I do to support my health?
- What physical activities/sport will I continue to prioritize? (Unilife)
- What hobbies will continue to be a priority?
- What activities will ensure I totally relax and have fun?



Input from Business Mates



UniSA

When the Cowpat Hits the Windmill

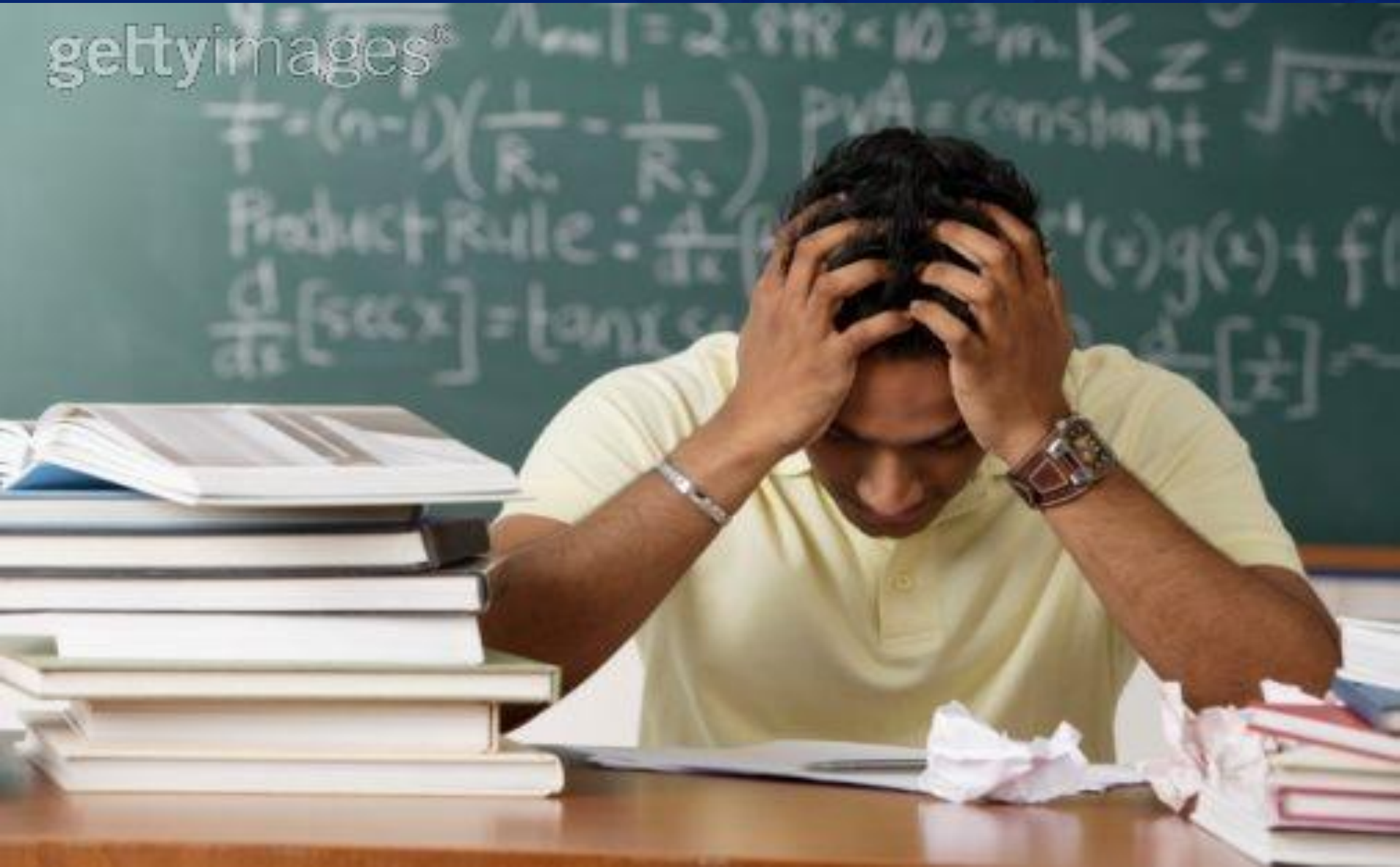
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When difficulties occur

- Monitor signs of stress
 - Academic and personal
- Personal support people
- UniSA services (LTU) and staff

Hurdles to seeking help



Hurdles to asking for help

- Others might think I'm stupid
- Confidentiality concerns
- Sense of shame about seeking help
- Talking about private matters to a stranger

Counselling options

- Short appointment (30 minutes)
 - published weekly on the LTU site,
<http://www.unisa.edu.au/ltu/contact/for-students/counselling.asp>
 - make appointment with LTU Reception
- Referral to doctor or other service for longer term assistance

Seek Help





Enjoy your university life

