

## HOW DO I PREPARE FOR SEMESTER?

Unit plans, Academic Integrity, Contacts, PELA, Student ID Card, Parking Permits



## HOW CAN I GET ORGANISED?

Study Schedule, Wi-Fi, LAP, Academic Skills Centre, Library Services



## HOW DO I STAY ON TRACK?

How to Succeed, Discussion Board, Reflection, Help Seeking, Census Dates, Useful Apps



## WELLBEING CHECKPOINT

How am I feeling?



## WHAT IF I GET OFF TRACK?

Assessment Extensions, Informal Appeals, Unit Load, Self Expectations, School Contacts



## WHERE CAN I GET HELP?

Student Success, The Living Room, Student Guild, Counselling, Withdrawal Without Penalty



## WHAT CAN I DO IN A CRISIS?

ECU Crisis Line, Beyond Blue, Lifeline, Emergency Services,



- I can download and read my [Unit Plans](#).
- I should complete the [Academic Integrity Module](#).
- I should familiarise myself with my unit Blackboard,

- To stock up my toolkit I should make note of contact details for important ECU support services - [Student Hub](#), [IT Services](#), [Student](#)

- If I am new to ECU I should visit the Library to organise my [student ID card](#).

- I could create a [Study Schedule or Semester Planner](#).
- I can get connected to the [ECU Wi-Fi network](#).
- I can familiarise myself with the [Library Services](#).

- I can contact [Equity, Diversity and Disability](#) to set up a [Learning and Assessment Plan \(LAP\)](#) if I have a mental or physical health condition.
- I could visit the [Academic Skills Centre](#) or have a look at the [workshop and drop in schedule](#).

- Practice daily wellbeing.
- I should develop good help seeking habits.
- I could reflect on early assessment tasks.
- I Consider the [ECU Gym](#) for Yoga and Pilates.

- I should familiarise myself with [census dates](#) and avoid financial/ academic penalty.
- I could explore useful apps for [improving time management](#), [preventing procrastination](#), and [avoiding distraction](#).

- Am I feeling okay physically and mentally? If not, I could visit [The Living room](#), [ECU Student Health Service](#), visit contact my Community Group Mentor, [Connect with other students](#) for support.
- I'm doing and feeling okay! Keep going!

- Am I feeling stressed about assessments? If so, don't worry, support is available:
  - Form a study group or look at [tips for managing stress](#).
  - [Contact a Learning Adviser](#) to discuss study tips.
  - Book an [OSCE practice session](#).

- If I need to re-evaluate my enrolment I could contact the [Student Hub](#).
- If I did not do as well as I had expected in an assessment:
  - Reflect on the feedback to ensure you can improve next time.
  - Meet with a [Learning Adviser](#) for help with future assessments
  - Remember that setbacks can be part of the journey!

- If I am experiencing personal challenges I could reach out to the [ECU Student Success Team](#), visit [The Living Room](#) or contact the [Student Guild](#).
- I could make an appointment with the [ECU Psychological/ Counselling Service](#). Call 9370 6706.

- If I have extenuating circumstances I could complete a [Withdrawal Without Penalty](#) application.
- If I am an International Student who is experiencing hardship I could contact the [Student Guild](#) for support.

- I can contact the [ECU Out of Hours Crisis Line](#). Call 1300 583 032 or text 0488 884 232.
- I can contact [Lifeline](#) for crisis support. Call 13 11 14.

- In case of an emergency I could contact the [Mental Health Emergency Response Line](#). Call 1300 555 788 or call 000.

For a clickable/  
downloadable  
version

SCAN ME

