

# TIP SHEET

## Balancing life and university

**Maintaining a balance between life and study helps you to stay productive and happy. It can also help you sustain your health during more stressful periods of a uni semester.**

### ADJUSTING TO UNI

As a new student, you'll need to change the way you manage the other important things in your life, such as work or family commitments and social activities. Learning how things work at ECU and what's expected of you will help you make a smoother transition to life as a student.

### WHAT CAN HAPPEN?

- Overwhelming new environment – you don't know anybody; long time since you last studied; unsure what's expected from you, the system, others; culture shock
- Loss of routine and structure – lots of unstructured time; no one there pushing you along
- Financial difficulties – change in financial circumstances; need to take up part-time work; loans, debt
- Unforeseen life events – relationship problems; family illness or bereavement
- Homesickness
- Unrealistic expectations of yourself or others
- Unresolved personal issues – relationship breakdown

### WHAT CAN HELP?

- Developing a supportive network – includes other students, academic staff, student support staff, friends, family
- Connecting with students from the same or similar background
- Being aware of other programs and services such as Learning Advisers, Peer Mentors, Student Guild and Psychological Counselling Support

### WHO CAN HELP?

- Other students you meet or study with, ideally with similar backgrounds
- Buddies/mentors
- Lecturers, tutors
- Student Success staff
- Student Hub staff
- Learning Advisers
- Psychological Counselling Support

### HOW TO ACHIEVE A BALANCE

- Use tools like a Weekly and Semester Planner to organise and track your time. Be flexible with your study planners and review and adjust them as needed
- Set daily SMART (Specific, Measurable, Achievable, Recordable, Time-based) goals to help you focus and continue momentum
- Keep in mind the 'big picture' and set medium-term goals that are inspiring, yet realistic.
- Avoid setting goals based on proving your self-worth
- Treat study like a job. Prioritise it and commit to a study routine early in the semester.
- Schedule in leisure time for balance. Don't allow study to take over your life by consuming you mentally and emotionally

### WANT TO CHAT TO SOMEONE?

For a confidential – and free – chat about your general situation, please contact Psychological Counselling Support to make an appointment at any of our campuses.

 [counselling@ecu.edu.au](mailto:counselling@ecu.edu.au)  (08) 6304 6706

Alternatively, you can discuss study techniques and tips with a Learning Adviser in our Academic Skills Centre.

 [learningadviser@ecu.edu.au](mailto:learningadviser@ecu.edu.au)