



# Being a Successful Uni student

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**ORIENTATION TO UNISA  
FOR COMMENCING STUDENTS**

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# Purpose of workshop

- To share your past successes
- 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

- Introduce yourself
- One of my greatest successes/achievement is ...

# Common challenges




Employment  
and study




Study skills



Health &  
recreation



Study  
personality



Managing  
relationships



Adjusting to  
university life



# 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

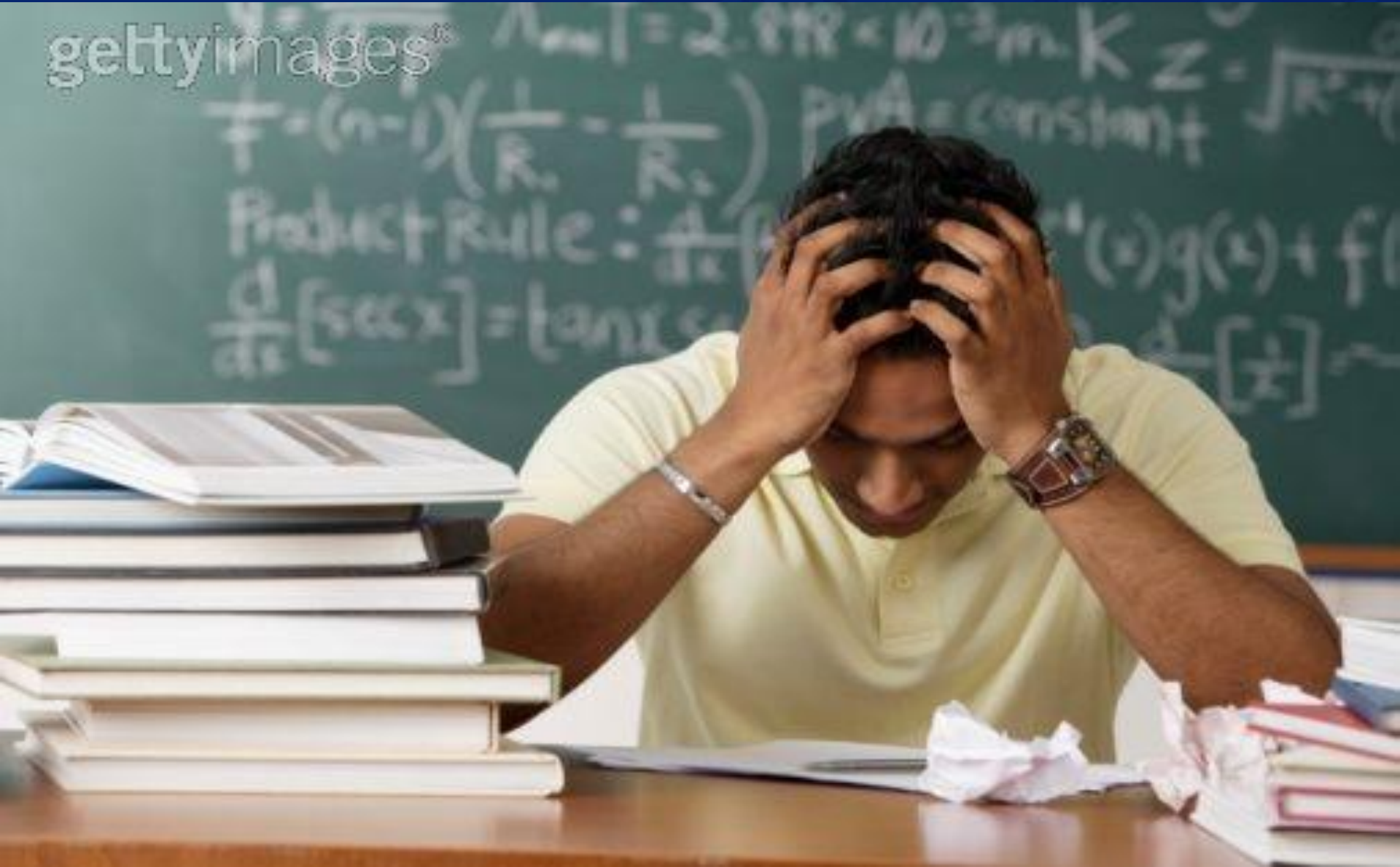
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# When difficulties occur

- 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

- Drop-in session (10 minutes)
  - published weekly on the UniSA site,  
<http://www.unisa.edu.au/ltu/contact/dropin.asp>
- Short appointment
  - make appointment with LTU Reception
- Referral to doctor or other service for longer term assistance

# Seek Help





# Enjoy your university life

