



The University of Sydney



Welcome

Professor Stephanie Short
Professor of Health Sciences



The University of Sydney



Staying on Track Information Session

University of Sydney
Learning Centre
Cumberland



Outline

- Key problem areas for students
 - Learning Centre resources which can help
 - Brief profile of the Learning Centre
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Key CHALLENGES for Students

- Time Management:
 - Setting goals
 - Using planners
 - example: semester planner
 - Juggling priorities
 - study vs non-study
 - different study tasks
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Key CHALLENGES for Students

- Concentration Loss and Procrastination:
 - Understanding reasons
 - Strategies for improvement





Key CHALLENGES for Students

- Essay Writing:
 - Interpreting essay questions
 - Analysing ideas
 - Structuring the essay
 - Developing an argument
 - Using evidence
 - Avoiding plagiarism
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Key CHALLENGES for Students

- Academic English:
 - Writing clearly
 - Writing in an academic style
 - Grammatical correctness
 - Oral presentations
 - Clinical communication
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Resources which can Help

- Academic Writing Workshops
 - Studying at University Workshops
 - Oral Presentation Workshops
 - Clinical Communication Workshops
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Resources which can Help

- **Individual Consultations**
 - Academic Writing
 - Academic Speaking
 - Clinical Communication





Other Learning Resources

- Online resources:
 - Clearer Writing (interactive)
 - WriteSite (interactive)
 - Links to other sites
 - Resources for downloading
 - Guide to Presentation of Assignments (FHS)
 - Skills for Essay Writing series
 - Report Writing in the Sciences
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Who are we?

- We are an academic centre
 - Our services are available to all enrolled students at this university
 - Our workshops and individual consultations are free of charge
 - Our objectives are to facilitate and develop student learning
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How to find us

Learning Centre, Cumberland

Student Services, Ground Floor

Block A, Administration Building

Phone: 9351 9638

Fax: 9351 9635

Email: lc.cumberland@usyd.edu.au

Website:

http://www.usyd.edu.au/stuserv/learning_centre/cumberl.shtml



The University of Sydney



International Office

Samira Al-Far
April Morley
Kirsten Saur
International Student Advisers

CRICOS Provider No. 00026A



International Students & Visa Issues

Mandatory Conditions for All Student Visa Holders Include:

- Satisfactory Academic Progress
 - Remain enrolled in a full time load (except when you have permission from your faculty)
 - Notify the University of Current Address
 - *There may be implications for your student visa if you continue to be identified as a student at risk.*
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International Student Advisers

- Provide Support to International Students on Visa, Academic, Enrolment and Scholarship Issues
- Refer Students to Support Services On and Off Campus
- Advise on DIAC Procedures
- Interview At Risk Students
- Process and Advise on Student Visa Extensions and Permission to Work
- Send International Student Updates – 3x Sem



How to Contact the International Student Advisers

Samira Al-Far, April Morley, and Kirsten Saur

International Office, Jane Foss Russell Building, G02

- E-mail enquiries
- Individual Appointments
- Front counter enquiries

Email: studentadvisers@io.usyd.edu.au



SRC HELP

Independent Advice & Advocacy

T: **9660 5222**

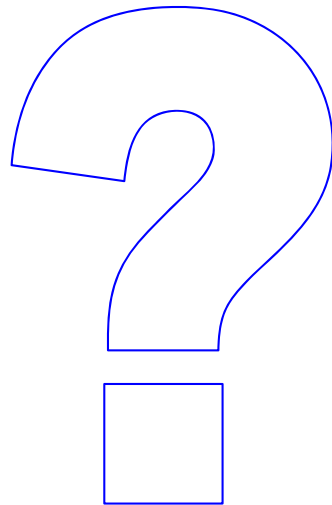
E: **help@src.usyd.edu.au**

W: **www.src.usyd.edu.au**†

A: **Level 1, Wentworth Building**

Free membership to the SRC for all undergraduates.

Students' Representative Council



Identify why you have not performed as well as you could have.

- Personal
- Academic



Are you in the right course?

- Wrong course, this is not what I was expecting.
- It's not my choice, my parents are forcing me to do this.



Balancing work and study

Can't afford to live.

Paying off debts.

Working full time for
experience.





- Personal illness, stress & depression.
- Broke up with partner.
- Ongoing grief.
- Death in the family or family member's illness or stress.



**Remember SPECIAL CONSIDERATION
and the usual 7 day deadline.**

Also, make contact with Counselling or the
International Student Support Unit
and/or Disability Services.



MOVING FORWARD WITH YOUR STUDIES

Be realistic & fair to yourself

Q: How can I definitely pass everything from now on?

Time off?



TIPS for successful study



1. **Overloading is not your friend.**
2. **Approach subjects you are doing for the 2nd time as if you are doing them for the 1st time.**
3. **Manage your time**
4. **Ask for help**
Faculty, Learning Centre, Counselling, ISSU, Disability Services, Financial Assistance, SRC.



SRC HELP

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W: **www.src.usyd.edu.au**†

based in the library at Cumbo every Tuesday & Wednesday



The University of Sydney



Staying on Track for Academic Success

**Presented by
Services for Students**



Who are we?

- CS= Counselling Service
 - ISSU = International Student Support Unit
 - Professionally qualified psychologists
 - Experienced in working with students from different cultures and language backgrounds.
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What do we do?

- We help students
 - Cope with the challenges of living and studying in the Uni environment
 - Achieve a rewarding and enjoyable student experience
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How do we do this?

- By providing
 - Individual, free confidential counselling
 - ISSU services are also available to family members
 - Other support services include:
 - Workshops, online information,
 - Information and welfare advice
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Why now?

- Resource/stress overload
 - Unexpected difficulties
 - Study skills challenges
 - Health problems
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Why now?

- For international students
 - New culture and environment
 - Foreign language
 - New approach to study
 - Visa/immigration/ESOS requirements
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Ways to make things worse

- Overloading in an effort to catch up
 - Trying to forget experiences in unsuccessful semesters, not learning from mistakes and possibly associated wishful thinking
 - Assuming repeating a subject will be easier
 - Isolating self from other students
 - Skipping classes & convincing self course can be self taught
 - Not seeking help & not talking to others about real experience of university
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Ways to make things better

- Seek help early and, if necessary, regularly
- Create flexible plans & make uni a high priority
- View mistakes as a basis for positive learning
- Services for Students offer many services to help you succeed at university

www.usyd.edu.au/stuserv



Where are we?

- Level 5

Jane Foss Russell Bld, City Rd
(next to Wentworth)

Counselling Service: 8627 8433

counsell@stuserv.usyd.edu.au

ISSU: 8627 8437

info@issu.usyd.edu.au



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Thank you



Attendance

- To confirm that you have reviewed the Staying on Track presentation, listened to the podcast and are aware of the services available to you within the University, please send an email to: kelly.miles@usyd.edu.au

In the email, please include your:

First name

Last name

SID

Faculty

- Please only register if you are part of the Student at Risk program. Your Faculty will be notified that you have done so.
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