

How do I prepare for semester?

- Download and read my **Unit Plans**.
- Complete the **Academic Integrity Module**.
- Familiarise myself with **Canvas**.
- If I'm a new student, check out **orientation activities**.

- Make note of contact details for important ECU support services, such as the **Student Hub**, **IT Services**, **Health Service** and **Careers and Employability**.

- Organise my **Student ID card**.
- If driving to Campus, ensure I have a valid ECU **parking permit**.

How can I get organised?

- Create a **Study Schedule or Semester Planner**.
- Get connected to the **ECU Wi-Fi network**.
- Familiarise myself with **Library Services**.
- Check out the **Academic Calendar**.

- If I have a mental/physical health condition, I can contact **Access & Inclusion** to set up a **Learning and Access Plan (LAP)**.
- Visit the **Academic Skills Centre** for resources and workshops.

How do I stay on track?

- Post questions on the unit Discussion Board.
- Start assessment tasks early.
- Consider joining the **Sport and Fitness Centre** to stay physically active, or connecting with **ECU Active**.

- Familiarise myself with **census dates** to avoid financial/academic penalty.
- Explore apps for time management, preventing procrastination, and avoiding distraction.

Wellbeing Checkpoint

- If I am feeling stressed about assessments, I could form a study group, look at **Tips for Managing Stress** or other tip sheets, or **contact a Learning Adviser** to discuss study techniques.

- If I am not feeling okay physically and/or mentally, I could visit **The Living Room**, **Health Service**, or **Psychological Counselling Support**.
- I could **connect with other students** for support.

What if I get off track?

- 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, I could reflect on the feedback to ensure I improve next time, meet with a **Learning Advisor** for help with future assessments, and remember that every experience is part of the learning journey.

Where can I get help?

- Drop in to **Student Hub**, or make an appointment with **Student Success** or the **Student Guild**.
- Speak to my lecturer, unit coordinator, or student support officer.
- Consider **applying for an extension**, if need be.

- Drop in to **The Living Room** or make an appointment with **Psychological Counselling Support**.
- Make an appointment at the **Health Service** to speak with a doctor or nurse.
- Reach out to friends and family.

What can I do in a crisis?

- Contact the **ECU Out of Hours Crisis Line** by calling **1300 583 032** or texting **0488 884 232**.
- Contact **Lifeline** for crisis support. Call **13 11 14**.

- In case of a emergency, contact the **Mental Health Emergency Response Line** on **1300 555 788**, or call Emergency Services on **000**.

Compiled by
The Living
Room

ECU Student Toolkit