



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

CREATE CHANGE

How to HASS— Health and wellbeing support at UQ

Overview of services and support

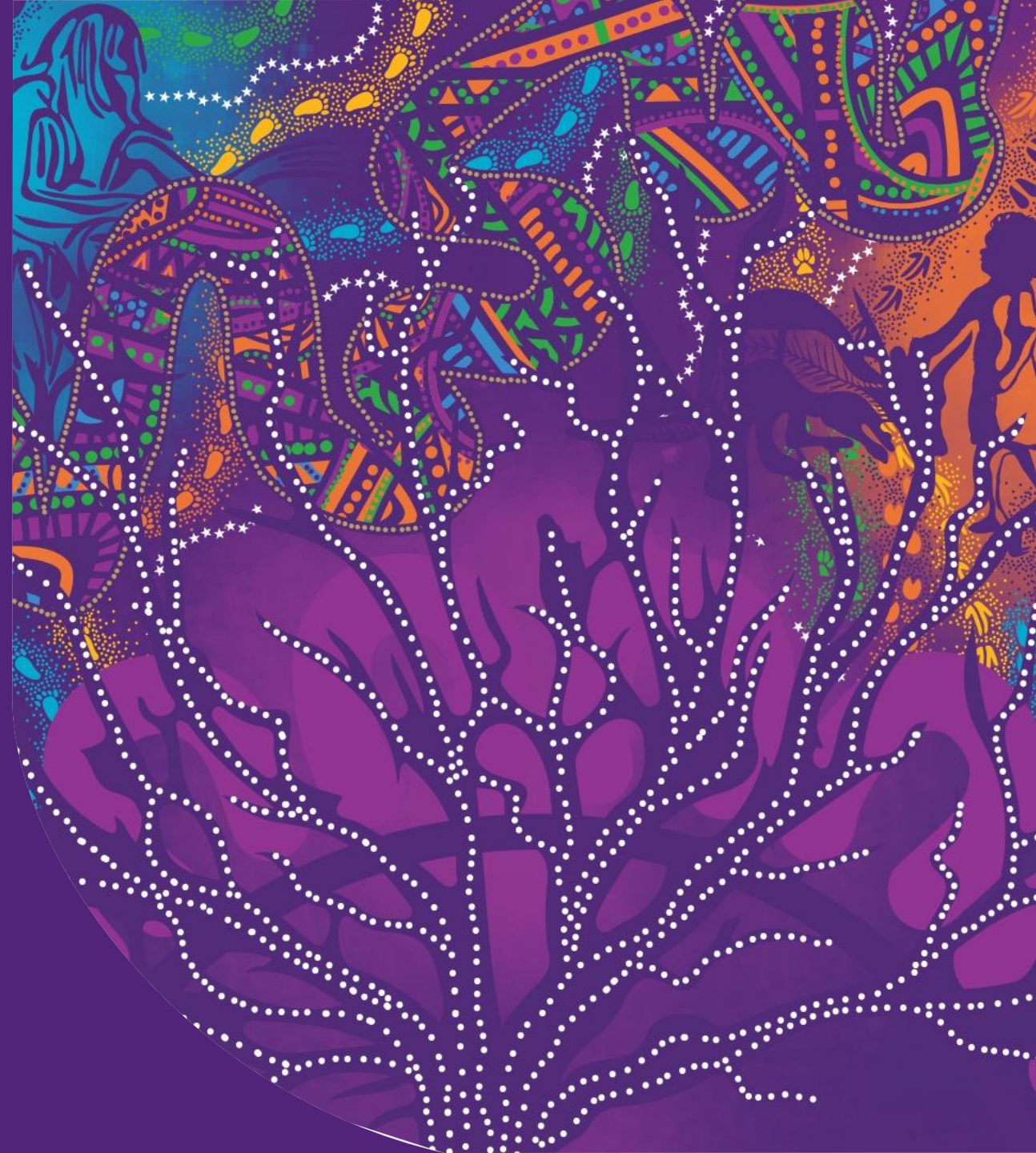


Acknowledgement of **Country**

The University of Queensland (UQ) acknowledges the Traditional Owners and their custodianship of the lands on which we meet.

We pay our respects to their Ancestors and their descendants, who continue cultural and spiritual connections to Country.

We recognise their valuable contributions to Australian and global society.



Today's Session

1. What makes a successful student



2. Opportunities at UQ



3. Support services at UQ



4. Student support and advice for hardship



What makes a successful student?

Let us know what qualities you think a successful student looks like:

1. Go to www.menti.com or use the QR Code on this slide
2. Use the code: 5794 1451
3. Write down up to three individual words that come to mind when you think about what a successful student looks like



What also makes a successful student

- **Knowing your strengths and any needs you might have**
 - These days, being a student is only one identity/role we have while studying at university. Many of us can be carers or have other employment, may be living with medical conditions, mental health, disability and more. We have many parts of us, and having awareness of our strength, and needs in academic and non-academic areas can help you become better equipped to take on your degree.
- **Use of effective support systems**
 - UQ has many supports available to you to support you during your studies at UQ, including learning advice, student advice and welfare, counselling (mental health), health promotion initiatives, and more. Know what is available to you at the start to take the guess work out of getting help.
- **Proactivity (knowing when to ask for help!)**
 - Getting a bit of help, even just a bit of advice, when you're first feeling overwhelmed can help you get to a resolution faster and save a lot of stress!
- **Strategies to manage your wellbeing**
 - Find out what works for you to maintain your wellbeing and mental health as you study. This can include engaging in a hobby (exercise, skin care, meditation, social connection, getting in nature, seeking support, journalling, establishing healthy boundaries, arts and crafts, and more). There are many wellbeing activities available throughout the semester for you to get involved with, so keep an eye out for those!
- **Being open to learning new study skills**
 - Studying at university, and shifting to higher levels of tertiary education, require a whole new learning skillset. Getting some advice around your learning can really help you thrive while studying at UQ.

Getting more connected to opportunities at UQ



GET INVOLVED

in the UQ community with:

- Volunteering
- Mentoring
- Student Voice
- Student Representation

life.uq.edu.au/get-involved



GET SET

A must do program for all new students

- Connect with students in your faculty
- Learn tips from students who have done it all before
- Meet your group online & in person
- Get the support you need
- Settle into uni life
- Have fun!

life.uq.edu.au/getset

Peer Mentoring



Student-Staff Partnership Projects

Students and Staff connect as equal partners and co-collaborators on projects that enhance the student experience at UQ.

Four rounds per year

- 2 per semester

Eligibility

- Must be an enrolled full-time student at UQ
- Enrolled for the entirety of the partnership project (i.e. not graduating in the same semester)

Grant

- \$1,500 max. depending upon level of engagement

“Without a doubt, the Student-Staff Partnerships have made me feel the most connected to the behind-the-scenes running of UQ than any other activity I have participated in at UQ ” (Student Partner).

<https://employability.uq.edu.au/ssp-projects>



UQLife

Your life at UQ is more than just study. Studying at UQ also means having new experiences, making memories, forging friendships, and so much more. UQLife gives you opportunities to connect through a number of events, experiences and programs to keep you engaged, motivated, and supported while you study. With events weekly, there is something for everyone.

Check out the UQLife website and Instagram to stay updated with upcoming events, including Orientation Week events, Employability Week, Volunteer Week, and more.

Website



Instagram





CREATE CHANGE

UQ Respect
respect.uq.edu.au

Who are we?

Sexual Misconduct
Support Unit (SMSU)

**Support
Reporting**

Prevention

**Education
Training**



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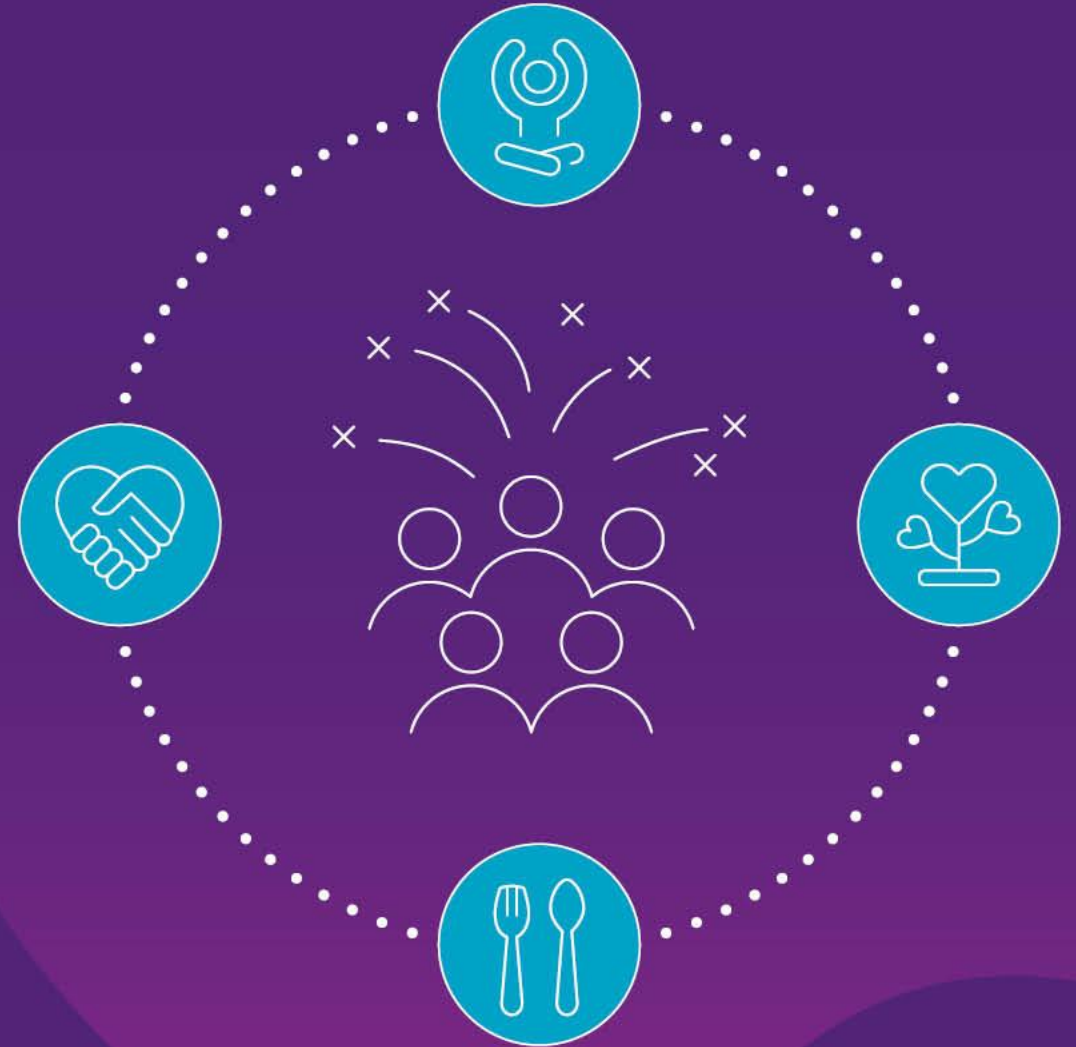
UQ Wellbeing

health. culture. connections

Promoting the health and wellbeing of students from culturally and linguistically diverse backgrounds in four key areas:

- Mental health
- Healthy relationships and reproductive health
- Nutrition and physical health
- Community and cultural connections

life.uq.edu.au/uqwellbeing





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UQ Wellbeing Student Advisory Group

Currently seeking 6 students to join the student
advisory group for 2023.

Apply via Student Hub by 11:59pm, Feb 26 2023

SCAN HERE



International Student Welcomes

Enjoy a free meal, connect with other international students, discover the supports available to you at UQ, and find out how to get the most out of your first weeks at UQ.

- St Lucia Campus: Wednesday Feb 15 from 7:30-9:30am
- Gatton Campus: Thursday Feb 16 from 12-1:30pm
- Herston Campus: Wednesday Feb 23 from 11:30am-1pm

SCAN HERE FOR FURTHER DETAILS



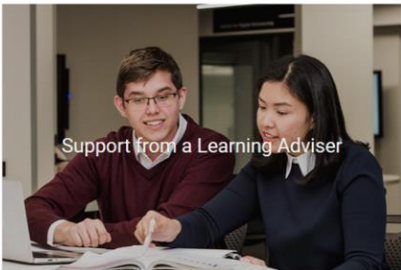
Getting support at UQ



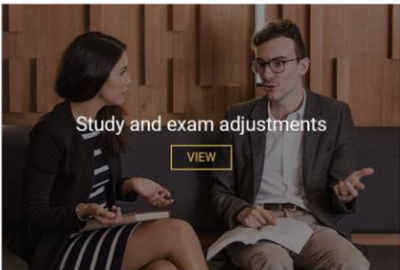
Learning Adviser support and resources

<https://my.uq.edu.au/information-and-services/student-support/study-skills> or google - UQ study skills

Are you looking for...

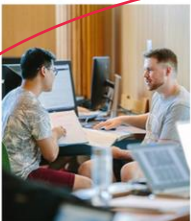


Support from a Learning Adviser




Study and exam adjustments

VIEW




General study skills

Need more effective study strategies? We've got you covered with general tips.




Exam tips

Prepare for your exams. Find out more about the different exam types and tips to help you study



Assignment writing

Write better assignments. Learn about assignment types, writing strategies, and how to



Workshops

Student Life runs a range of workshops and sessions aimed at helping you improve your academic, life and



Learning Advisers

Our advisers can help undergraduate and postgraduate students in all programs clarify ideas from workshops, help you develop skills and give feedback on assignments.

[Book an appointment](#)


> [How a Learning Adviser can help](#)

Exam tips

Information and services / Student support / Study skills and learning advice

During your studies, you're likely to encounter many different types of exams. Use the following tips to help you get ready for exam day.

Preparing for exams



Tips for preparing for exams

Watch later Share

Use past exams

Watch on YouTube

Remember that it takes time to prepare for your exams, so start early. To help you get ready for your exams:

Organise your time

At the beginning of the semester, work out how many exams you have, how many chapters and topics

Student Counsellors at UQ

- We are your support team member, to help you get through the semester
 - Our service is free, and confidential (limits are explained)
 - Ten sessions a year
- Book through Student Hub Student Hub <https://studenthub.uq.edu.au/>
- <https://my.uq.edu.au/information-and-services/student-support/health-and-wellbeing/mental-health-and-emotional-support/counselling>

Run workshops

Run programs:

- Art for Wellbeing
- Freedom From Your Cage body image program
- Mindfulness programs
- Uni Wellbeing (online program for anxiety and depression)

CRICOS code 00025B

Sexual Misconduct Support Unit

- specialist counselling and reporting information regarding sexual assault or harassment
- <https://respect.uq.edu.au/support/sexual-misconduct-support-unit-smsu>
- UQ Counselling Line Ph: 1300 851 998, sms 0488 884 115



Student Advice and Welfare (Student Advice Team)

Our team of student advisers can assist you with a wide range of professional and confidential services.

Areas of support include:

<https://my.uq.edu.au/information-and-services/student-support/student-advice-welfare:>



International Student Support

We have specialised support for international and interstate students to help you get the most out of your time here.



Diversity, Disability and Inclusion

We can work with you to implement reasonable adjustments to support you in your studies.



Financial Support

Are you experiencing financial difficulties that are impacting your studies? Explore your options with obtaining financial support.



Emergency Accommodation

Are you at risk of homelessness? See a student adviser to discuss emergency accommodation options.



Settling in and Orientation

Are you starting at UQ? Find out more about settling in and adjusting to life in Queensland and starting your studies at UQ.



Health and Wellbeing

If you need support with health and wellbeing there are a range of programs and counselling services to help improve your wellbeing.



Student Access Plan and Exam Adjustments

We work with you to create a plan of adjustments to help you with accessible study.



Workshops

Student Services runs a range of workshops and sessions aimed at helping you improve your academic, life and wellbeing skills. Come along to access information and learn new skills.

Supporting at the right time of semester

- **Before semester starts:**
 - Student Access Plans
 - Settling in/finding accommodation
- **During semester:**
 - Enrolment or withdrawal (ROC)
 - Work / Life / Study balance
 - Financial hardship assistance
 - Homesickness/adjustment
- **Before semester ends:**
 - Exam Adjustments
 - Support with stress



Student Advice Team-inclusive and accessible learning



The Student Advice Team works with students to ensure inclusive and accessible learning is available and in place. Some of the tools and support provided include:

- Student Access Plans (SAP)
- Exam Adjustments
- Support for students with caring responsibilities
- Explore and discuss accessible learning material and environment
- Working with the Library to arrange e.g. assistive technology, alternative print services, etc.

Advisers work closely with Course Coordinators, Library staff, Faculty staff, Examinations and providers to establish support for students throughout the semester or for as long as required within the semester.

Student Access Plans

SAP is a communication tool that helps a student communicate the functional impacts of their condition to Course Coordinators, who in turn can work with the student to implement reasonable adjustments which will support them with their studies.

1. Course Coordinators are responsible for confidentially sharing the plan with relevant University staff who are responsible for implementing the adjustments.
2. Teaching staff and the student are encouraged to engage in ongoing communication regarding their plan,
3. Students should communicate their inability to attend class with teaching staff or the Course Coordinator and request assistance if needed.
4. Students should be being aware of the course requirements as outlined in the ECP.

It is the responsibility of the student to get in touch with the Student Advice Team if anything changes with their condition, support needs or program.



Library support via Student Services

The Library has a dedicated team ready to support students with equipment, software and space to enable accessible and inclusive learning.

The Student Advice Team will need to meet with the student and make recommendations for what support the library can provide.

The following services are provided after Student Services notifies the library:

- Providing Alternative Formats of required readings
- Accessible Lockers
- Assistive Technology Training
- Convert to an Accessible Format
- SensusAccess is a **self-service document conversion tool available** to all UQ students, staff, and alumni.



Welfare support

The Student Advice team provides advice and support for students who find themselves faced with hardship and day-to-day issues and concerns which impact their ability to be successful with their studies.

The Student Advice Team can provide support across a number of areas:

- Financial hardship (including laptop loans and grants)
- Accommodation guidance
- General health and wellbeing
- Adjusting to life in Australia
- Settling in at UQ
- International student support

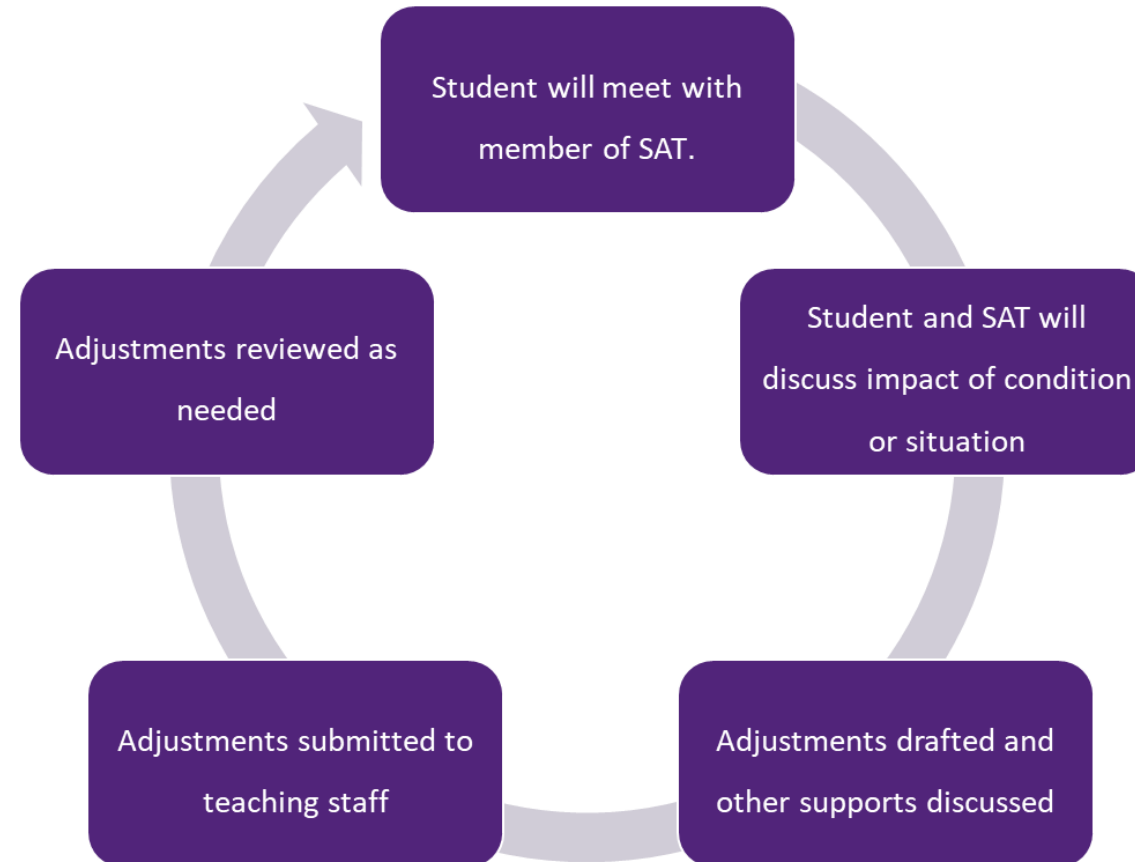
Appointments with the Student Advice Team

We offer same-day appointments, where students can turn up at Student Central and be placed in the queue to see a Student Advisor.

Alternatively, students can book 50min appointments with a Student Advisor- usually booked in advance.



Process for accessing support (SAP, EA)



Semester Workshops

Student Services
workshops offered
throughout the semester

- Assignment and study skills
- Working while on a Student Visa
- Living on a Student Budget
- Referencing Well and Avoiding Plagiarism
- Managing your time and study at university
- Exam Preparation
- Reading strategies for uni
- Effective listening and note-taking skills
- uq.edu.au/student-services/upcoming-workshops

...and so much more!

Register now for the UQ Neurodiversity Program

The UQ Neurodiversity Program helps students who identify as neurodiverse to adapt to university life and find success at UQ.

The UQ Neurodiversity Program is for any student who identifies as neurodiverse (you do not need a diagnosis to join the program).

There are many ways to get involved, you can register your interest for as many as you like!



Getting Ahead for Neurodiversity Workshop

- Date: 1 March
- Time: 9am - 10am



Neurodiverse Mentoring Program

- Date: Weeks 1 – 6
- Time: 6 x 1 hour-long sessions



Neurodiverse Meet-up

- Date: Wednesdays, Week 1- Week 6
- Time: 10am - 12 midday



ADHD Coaching

- Date: 3, 10, 17 and 24 May
- Time: 10:00-11:00

What are some signs support might be beneficial?

- Falling behind and not understanding content / feeling lost
- Becoming selective with attendance and avoiding the classes you struggle the most with or like the least
- Struggling with sleep, cut sleep for study and feeling tired all the time
- Struggling to focus and concentrate
- Become easily annoyed or angered
- Unhealthy habits develop or worsen e.g. rely on energy drinks
- Feel constantly stressed/anxious
- Not submitting assignments
- Procrastination/avoidance behaviours
- Takes longer to process new information



Top 10 Pro-Tips for staying (or getting back) on track at UQ

- **Attend all your classes!**
- Submit all your assessments by the due date. Don't be late – [ask for an extension](#).
- Note the census dates-do you need to reduce your course load
- Get organized e.g. create a semester assessment and study plan
- Review your progress regularly-talk to CC or LA
- Ask yourself, if you're an international student, if you comply with the conditions of your student visa, and remember that your visa is conditional on you maintaining satisfactory academic progress.

Know where to ask for help and take the step

Students can access support through the following-



Online: <https://my.uq.edu.au/contact/student-central#support>



Phone: 07 3365 1704



Email: student.services@uq.edu.au



Located: Student Central, Building 42, St Lucia.

Services are Free and Confidential





Quick Survey

We really value your feedback as it allows us to improve for the future. Please complete this 3 minute survey.





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Thank you

Tania Kapp
Principal Student Adviser
Email: t.kapp@uq.edu.au

Katsu Shike
Health Promotion Co-Ordinator (UQ Wellbeing)
Email: k.shike@uq.edu.au