



# TOP 5 TIPS FOR GETTING INVOLVED

## 1

### **JOIN A STUDENT CLUB, SOCIETY OR SPORTING GROUP**

With over 100 Student Clubs to choose from, lead a vibrant social life on and off campus. Each Student Club broadly fits into its own interest group including social, cultural, religious, sporting, political, and course.

[westernsydney.edu.au/clubs](https://westernsydney.edu.au/clubs)

## 2

### **FIND OUT WHAT'S HAPPENING AT WESTERN**

One of the best things about life at university is that there's always something happening! From social online or campus activities and events, skill workshops to representative sport. Connect with new friends and engage with events or forums that interest you. Log into *WESTERNLife* today and get involved!

[westernsydney.edu.au/westernlife](https://westernsydney.edu.au/westernlife)

## 3

### **CONNECT WITH OTHER STUDENTS**

Attend PASS sessions, run by student facilitators, to study with your peers and boost your academic performance. Join the MATES mentoring program to settle into life at university and connect with others.

[westernsydney.edu.au/pass](https://westernsydney.edu.au/pass)

[westernsydney.edu.au/mates](https://westernsydney.edu.au/mates)

## 4

### **JOIN AN ENGLISH CONVERSATION GROUP**

Improve your English speaking skills and develop friendships by joining an English Conversation Group. You can also become a facilitator to assist other students with their English.

[westernsydney.edu.au/englishconversation](https://westernsydney.edu.au/englishconversation)

## 5

### **GO ON AN ADVENTURE**

Make your time at university memorable by making friends and exploring Sydney with an Out & About trip, or travel the world with exchange and study programs.

[westernsydney.edu.au/outandabout](https://westernsydney.edu.au/outandabout)

[westernsydney.edu.au/goglobal](https://westernsydney.edu.au/goglobal)

Did you know you can find out more ways to get involved by listening to our podcast series? [westernsydney.edu.au/podcasts](https://westernsydney.edu.au/podcasts)



# TOP 5 TIPS FOR LIBRARY SERVICES

## 1

### **ACCESS LIBRARY ONLINE TUTORIALS**

Develop your skills in searching, evaluating and managing information. Learn how to submit your assessments through Turnitin software and much more.

[westernsydney.edu.au/onlinetutorials](https://westernsydney.edu.au/onlinetutorials)

## 2

### **TAKE ADVANTAGE OF LIBRARY STUDY SMART**

Improve your assignment writing, increase your academic study and research skills, and have confidence that you are handing in your best work with Library Study Smart.

[westernsydney.edu.au/studysmart](https://westernsydney.edu.au/studysmart)

## 3

### **UNDERSTAND REFERENCING AND CITATION**

Access tools and guides to help manage and acknowledge information and ideas used in your assessments. Consult your Learning Guide, lecturer or tutor for the preferred referencing and citation style for each unit.

[westernsydney.edu.au/referencingcitation](https://westernsydney.edu.au/referencingcitation)

## 4

### **STUDY HALL – AFTER HOURS STUDY**

The Library is open extended hours at different times of the year for your study requirements. Hours and dates vary between campuses.

[westernsydney.edu.au/nightclub](https://westernsydney.edu.au/nightclub)

## 5

### **TAKE A STUDY BREAK**

Recharge with a nap in a sleep pod or take a break with free streaming movies, recreational books, ebooks and documentaries.

[westernsydney.edu.au/studybreak](https://westernsydney.edu.au/studybreak)

Did you know you can email, call, Zoom or chat online with a Librarian for expert advice? [westernsydney.edu.au/library](https://westernsydney.edu.au/library)



# TOP 5 TIPS FOR ASSESSMENT SUCCESS

## 1

### **KNOW WHAT'S EXPECTED**

Read your Learning Guide and refer to the marking criteria to find out assessment requirements and correct referencing style. Contact your lecturer or tutor for more help.  
[westernsydney.edu.au/learningguides](https://westernsydney.edu.au/learningguides)

## 2

### **DEVELOP A STUDY PLAN**

Plan your assessments early to ensure you stay on track to complete everything. Use the Library online assignment calculator to plan your time.  
[library.westernsydney.edu.au/assignmentcalculator](https://library.westernsydney.edu.au/assignmentcalculator)

## 3

### **HAVE A DEDICATED STUDY SPACE**

Create a study space free from distractions to help you remain focused on tasks. Experiment with different settings at home or on campus.  
[westernsydney.edu.au/studysmart/downloads](https://westernsydney.edu.au/studysmart/downloads)  
(select 'Successful Study Skills' > 'Creating your study space')

## 4

### **IMPROVE YOUR SKILLS**

Attend a workshop to develop your academic literacy, grammar, mathematics and statistics skills. Online workshops and resources are also available.  
[westernsydney.edu.au/workshops](https://westernsydney.edu.au/workshops)  
[westernsydney.edu.au/skillsforsuccess](https://westernsydney.edu.au/skillsforsuccess)

## 5

### **GET FEEDBACK**

Ask your tutors for feedback to know your strengths and areas for improvement. Upload your draft assessment to Study Smart Online for writing feedback.  
[westernsydney.edu.au/studysmart](https://westernsydney.edu.au/studysmart)



# TOP 5 TIPS FOR WELLBEING

## 1

### **MAKE TIME FOR YOURSELF AND YOUR COMMUNITY**

Appreciate your family and friends around you and engage in activities or interests that you enjoy. Catch up with a friend, share a meal, engage in some physical activity or grab a coffee with a friend on campus today. Take a mindful moment, practise self-care and ask R U OK?

[westernsydney.edu.au/food](https://westernsydney.edu.au/food)

[ymcansw.org.au/wsua](https://ymcansw.org.au/wsua)

[gethealthynsw.com.au/get-started](https://gethealthynsw.com.au/get-started)

[ruok.org.au/how-to-ask](https://ruok.org.au/how-to-ask)

## 2

### **CONNECT WITH YOURSELF AND OTHERS**

The Chaplaincy team offers a Soup Kitchen on many campuses. It's a free home-made dinner, a relaxing environment and a great place to make new friends. There's also a variety of multi-faith facilities available on campus that provide meditation, prayer rooms, quiet spaces and conversation groups. Make time for reflection and connection.

[westernsydney.edu.au/chaplaincy](https://westernsydney.edu.au/chaplaincy)

## 3

### **GET ACTIVE**

Regular physical activity is a key component of wellbeing. It reduces stress and boosts your mood. It can also improve alertness, attention and motivation – helping you to be a better student.

[westernsydney.edu.au/mhwb](https://westernsydney.edu.au/mhwb)

## 4

### **INCREASE YOUR WELLBEING KNOWLEDGE**

Build on your strengths and develop healthy habits. Access training, online programs and tools to learn strategies and skills for success, resilience and wellbeing. Learn ways to increase your wellbeing and that of your community.

[westernsydney.edu.au/skillsforsuccess](https://westernsydney.edu.au/skillsforsuccess)

[westernsydney.edu.au/mhwb](https://westernsydney.edu.au/mhwb)

[thedesk.org.au](https://thedesk.org.au)

## 5

### **SEEK HELP WHEN YOU NEED IT**

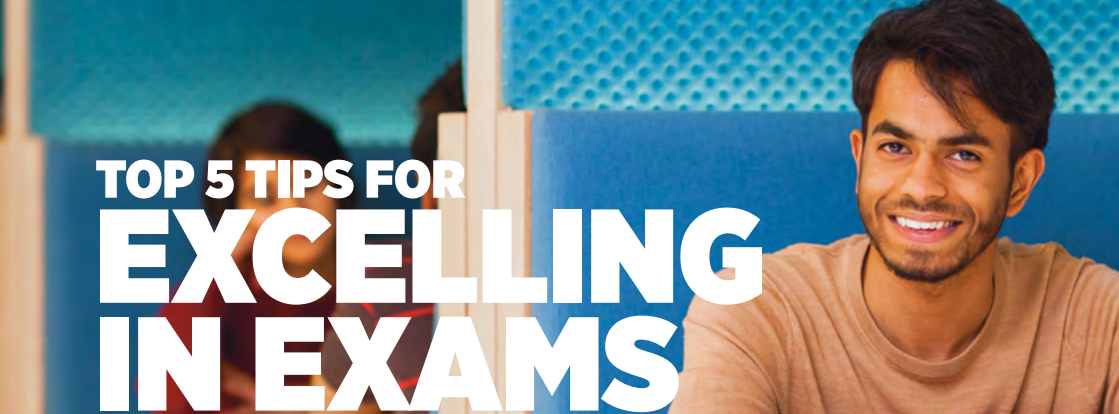
Having difficulties adjusting to university life? Help and support is available on campus and online.

1300 668 370

[westernsydney.edu.au/counselling](https://westernsydney.edu.au/counselling)

[westernsydney.edu.au/disability](https://westernsydney.edu.au/disability)

[westernsydney.edu.au/welfare](https://westernsydney.edu.au/welfare)



# TOP 5 TIPS FOR EXCELLING IN EXAMS

## 1

### **DEVELOP A STUDY AND REVISION PLAN**

Create a weekly study schedule that works for you. Everyone works differently and it's important to do what's best for you, whether it's shorter study blocks or discussing information with a friend.

[westernsydney.edu.au/counselling](https://westernsydney.edu.au/counselling) (select the 'Planners and Time Management' button)

## 2

### **JOIN A STUDY GROUP**

Arrange to meet up with classmates to share ideas and revise unit content. The Library's student group study rooms are a great place to revise and can be booked online.

[westernsydney.edu.au/library](https://westernsydney.edu.au/library) (select 'Services' > 'Student Group Study Rooms')

## 3

### **KNOW WHAT'S EXPECTED**

Make sure you know the format of your exams, what will be covered, how much time you'll have and how much of your grade it's worth. Read your Learning Guide and if you need more information, ask your tutor.

[westernsydney.edu.au/pastexampapers](https://westernsydney.edu.au/pastexampapers)

## 4

### **BE PREPARED FOR EXAM DAY**

Make sure you're familiar with the campus where your exam will be held if your timetable states your exam is on campus. If your exam is online make sure you are aware of what format your exam is in. It could be either proctored or non-proctored. Follow the relevant guides to ensure you are well prepared for your exam ahead of the exam date. Remember to bring your valid Student ID card to all your exams. Check your timetable regularly leading up to exam days, as the time may change. If you have an on campus exam, bring pens, pencils and other resources allowed into your exam with you. Only water in a clear container is allowed into exam rooms. If your exam is online, please check on vUWS for any permitted resources allowed.

[westernsydney.edu.au/exams](https://westernsydney.edu.au/exams)

## 5

### **READ EXAM INSTRUCTIONS AND QUESTIONS CAREFULLY**

Understanding exam instructions and questions will help you focus on exactly what to do. Take note of key descriptive task and topic words to help guide your answers.

# TOP 5 TIPS FOR MANAGING MONEY



## 1 **KNOW HOW MUCH THINGS COST**

There are a number of costs associated with studying at university, in addition to tuition fees. Research additional costs such as textbooks, parking, travel, and course equipment to help plan your finances. Remember to include living expenses – food, entertainment, phone and accommodation.

[westernsydney.edu.au/fees](https://westernsydney.edu.au/fees)

[westernsydney.edu.au/internationalfees](https://westernsydney.edu.au/internationalfees)

## 2 **CREATE A BUDGET AND BE AWARE OF THE DIFFERENCES BETWEEN NEEDS AND WANTS**

Assess your income and expenses to help you create a budget, track your money and avoid unnecessary spending. Use online tools or apps to note what you are spending.

[westernsydney.edu.au/moneymatters](https://westernsydney.edu.au/moneymatters)

[westernsydney.edu.au/skillsforsuccess](https://westernsydney.edu.au/skillsforsuccess)

[moneysmart.gov.au](https://moneysmart.gov.au)

## 3 **HAVE A SAVINGS GOAL**

Open a high interest savings account and deposit money regularly. Check out student banking options and accounts.

[unibank.com.au](https://unibank.com.au)

## 4 **REACH OUT WHEN YOU NEED HELP**

The University offers a range of financial assistance including online resources, textbook support, food assistance, Centrelink support and budgeting. Speak to a Welfare Officer.

1300 668 370

[westernsydney.edu.au/welfare](https://westernsydney.edu.au/welfare)

## 5 **TAKE ADVANTAGE OF STUDENT DISCOUNTS**

Save money on a range of products and services with student discounts. All you need is a valid Student ID card/number or student email address.

[westernsydney.edu.au/studentdiscounts](https://westernsydney.edu.au/studentdiscounts)

[westernsydney.edu.au/studentadvantage](https://westernsydney.edu.au/studentadvantage)

[myunidays.com](https://myunidays.com)



# TOP 5 TIPS FOR MAINTAINING MOTIVATION

## 1

### **KEEP YOUR GOALS IN MIND**

University is a stepping stone to the life and career you dream of. Remember your goals and why you are here, to give you the clear direction and motivation you need.

[westernsydney.edu.au/studysmart/downloads](https://westernsydney.edu.au/studysmart/downloads)

(select 'Successful Study Skills' > 'Setting Goals')

## 2

### **CREATE A STUDY ROUTINE**

Schedule regular study time to ensure you develop good study habits. It'll help with time management and avoiding procrastination.

## 3

### **TRY DIFFERENT STUDY TECHNIQUES**

Mix up your study techniques and find new ways to engage with knowledge, make it meaningful to you and increase your retention of information.

[westernsydney.edu.au/studysmart/downloads](https://westernsydney.edu.au/studysmart/downloads)

(select 'Exam help' > 'Studying for exams')

## 4

### **BREAK DOWN TASKS INTO SMALL STEPS**

Break down tasks and allocate deadlines to make it easier to complete larger projects and help you stay motivated. Use the Assignment Calculator to create a step-by-step guide to plan your assessment time from start to finish.

[library.westernsydney.edu.au/assignmentcalculator](https://library.westernsydney.edu.au/assignmentcalculator)

## 5

### **BALANCE STUDY, WORK AND LIFE**

The ability to balance study, work and life can be a hard task. Organising your time will set you up to succeed. Create a weekly planner that allocates your study, work and social time.

[westernsydney.edu.au/counselling](https://westernsydney.edu.au/counselling)

(select the 'Planners and Time Management' button)

Remember to celebrate your achievements with your family and friends. Share your success.





# TOP 5 TIPS FROM YOUR FUTURE SELF

## 1

### **LOOK FOR A JOB WHILE YOU'RE STUDYING**

Access over 4,000 job opportunities on CareerHub each year, directly targeting Western students and graduates.

## 2

### **CLARIFY THE DIRECTION YOU'RE HEADING IN**

Speak with a trained professional to help develop and progress your career goals. Available Monday-Friday 10am-1pm. Call **(02) 4736 0522**.

## 3

### **IMPROVE YOUR RÉSUMÉ AND JOB APPLICATIONS**

Utilise the free résumé review service to ensure you are maximising your employment potential.

## 4

### **DEVELOP YOUR PERSONAL BRAND**

Unlock your unique career potential and enhance your interview performance by attending workshops.

## 5

### **TAKE CONTROL OF YOUR CAREER JOURNEY**

Take the online Career Launch quiz to find where you're at with your career and what you can improve.

[westernsydney.edu.au/careers](https://westernsydney.edu.au/careers)

**(02) 4736 0424**



# TOP 5 TIPS FOR REDUCING EXAM STRESS



## 1

### **TAKE REGULAR STUDY BREAKS**

Take a five-minute break to stretch and clear your head. It'll help you to come back to your work with renewed energy.

## 2

### **LET PEOPLE KNOW ABOUT YOUR UPCOMING STUDY COMMITMENTS**

Keep people informed about your university workload and upcoming exams to build a supportive environment. They can still be involved in your life without overloading you in your busiest times.

## 3

### **PRACTISE SELF-CARE**

Maintain a healthy body, mind and spirit to reduce stress. Exercise, get creative or try mindfulness activities.

[westernsydney.edu.au/relaxationrecordings](https://westernsydney.edu.au/relaxationrecordings)

## 4

### **FORM GOOD STUDY HABITS**

Create a study routine and have a dedicated study space to keep your focus. Regular revision will prepare you for exams.

## 5

### **THINK OF THE BIG PICTURE**

Exams are just one component of your studies at university. Looking at the bigger picture can bring things into perspective. Create goals that are achievable and seek support when you need it.

[westernsydney.edu.au/studentsupport](https://westernsydney.edu.au/studentsupport)



# TOP 5 THINGS TO DO ON BREAK

## 1

### **VOLUNTEER**

Give your time to connect with a community or help out a cause. Learn new skills, meet people and advance your career opportunities.

[westernsydney.edu.au/careerhub](https://westernsydney.edu.au/careerhub)

## 2

### **TRAVEL**

Discover and experience new places, activities, food and cultures. Find iconic places you can visit around Sydney by listening to our podcast series.

[westernsydney.edu.au/podcasts](https://westernsydney.edu.au/podcasts)

## 3

### **TRY NEW THINGS**

Reignite your creativity or step out of your comfort zone to learn new things about yourself. Whether you want to try a new food, find a hobby, visit a museum or take a class, there is something for everyone.

## 4

### **GET AHEAD**

Complete your degree sooner or lighten your study load by spreading units over the year with Summer Session.

[westernsydney.edu.au/summer](https://westernsydney.edu.au/summer)

## 5

### **PLAN YOUR 2022 GOALS**

Visualise your future by writing down your goals for next year. Use the goals page in the diary to get started.

[westernsydney.edu.au/studysmart/downloads](https://westernsydney.edu.au/studysmart/downloads)

(select 'Successful Study Skills' > 'Setting Goals')