

# Tips for Parents and Partners

Commencing university is an exciting, but challenging time for students and their families. However, there is a lot you can do to make this transition period easier for new students.



## Plan for success

Encourage your student to attend all classes and create a weekly and semester **study plan** to reduce stress and stay on track. Remind your student to ask questions, especially in the first few weeks.



## Celebrate achievements

Acknowledging success is important. Celebrating small achievements and milestones throughout the study year will help students maintain a positive attitude and lift levels of **motivation** ahead of their next academic challenge.



## Promote participation

Meeting new people – students, academics and other JCU staff – will help your student develop valuable support networks and a sense of belonging. These contacts can be helpful when challenges arise.



## Keep in touch

If your student lives away from home, make regular contact to show your support and plan a visit as **homesickness** is common in first year. Ask about their studies, how they are feeling, and what you can do to help, such as offering to proofread assignments.



## Encourage discussion

Becoming familiar with the course, campus and university terminology can help open communication channels. Chat about what your student is looking forward to with their studies, any concerns they may have, and how you can help them.



## Study space

It's important to have a quiet place with good lighting and a comfortable chair, where a student can regularly study without having to pack up whenever they need a break. The **JCU Library** is also open seven days a week during teaching periods.



## Foster independence

Self-directed learning and help-seeking behaviours are critical skills for students to develop in order to be successful. Be a sounding board for your student and let them know they have your support, even if they decide to change direction with their course of study.



## Living away from home

Check that they have a Medicare card, a Tax File Number, Healthcare card, personal bank account, and relevant phone apps for maps and public transport. A driver's license and a certified copy of their birth certificate are also useful as extra ID.



## Maintain a positive attitude

It is common for students to worry about making new friends, the difficulty of their course, or their ability to get everything done and succeed. Providing a positive, encouraging outlook can be really helpful to support students through challenging periods.



## Support success

JCU has a range of free services available to support student success and wellbeing. Academic support, counselling, disability, careers and mentoring services are available. Smart Students Seek Support, so please encourage students to connect with the relevant **support services** as early as possible to avoid stress.



## Be flexible

There are times in the **academic calendar** when students really need to devote more time to their studies, especially during pressure points when assignments are due and during exam periods. You can assist by trying to arrange family holidays and gatherings to coincide with 'quiet' times in the academic year, so students don't have to miss out on important events.



## Transition challenges

Even high-achieving students can face challenges: forming new social networks, financial pressures, maintaining health and wellbeing, becoming independent learners or relocating. Success at university involves maintaining a **balance** between academic study and personal **wellbeing**. Encourage a healthy routine with regular study breaks, sleep, exercise and healthy eating.