STUDY PERIOD 1
Orientation Program
Mount Isa Study Centre

Make Life Matter
Welcome

As you’ll discover, JCU is an exciting place to be – whether you are studying on campus, by distance or on-line.

With an international reputation among the world’s top tertiary institutions – JCU is ranked in the top 2% of universities in the world – you can be confident about choosing JCU as your university.

During your time with us you will discover and explore new ideas, subjects, people and possibilities. You will learn how to build on the core expertise you acquire to adapt to the demands of a changing world while meeting students from across Australia and abroad and interacting with JCU’s world renowned researchers dedicated to creating a brighter future for life in the tropics, locally and world-wide through graduates and discoveries that make a difference.

As well as being in Mount Isa, JCU has campuses in the tropical cities of Cairns, Townsville and Singapore, and many exchange partners around the world, there are opportunities for you to choose to do part of your studies on campuses other than your home campus.

In fact, the JCU Global Experience program offers international exchange opportunities with over 50 partner universities in Europe, Asia, the Pacific, North, Central and South America to choose from.

In 2019, over 900 JCU students undertook more than 1000 international study abroad experiences as part of their degree. More than 300 of these students received grants from $2500-$7500 to study in the Asia-Pacific region through the Australian Government’s New Colombo Plan. This year, there are even more opportunities to expand your horizons by studying or interning overseas.

Our Work Integrated Learning program has extended the opportunities for you to experience what it will be like in the workplace of your chosen career.

And it all begins with Orientation. The Orientation program is designed to help you learn about JCU and all that it has to offer so that you can reap the full benefits of your university experience from the very first day. Our staff are here to assist you to reach your personal academic goals during your time at JCU, and your professional goals once you graduate.

Enjoy your time at JCU and make the most of the opportunities that a fine university education can provide. I wish you every success in your studies in 2020.

Professor Sandra Harding AO
Vice Chancellor and President

Orientation will be run on 17-19 February 2020 - the week before teaching starts in Study Period 1. Orientation will give you the information, contacts and campus knowledge you need to successfully start your studies. It is also a great opportunity to meet with fellow students through a number of social activities.

James Cook University is committed to fostering a community that features, at its core, respect, inclusion and safety for all.

JCU is proud to be part of the Respect.Now.Always. campaign – a national initiative led by Universities Australia to prevent and address sexual harassment and sexual assault. Further information about JCU’s commitment to the elimination of sexual harassment and sexual assault, and services and support for students can be found at jcu.edu.au/sew

We acknowledge the Australian Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waters where we operate our business. We honour the unique cultural and spiritual relationship to the land, waters and seas of First Australian peoples and their continuing and rich contribution to JCU and Australian society. We also pay respect to ancestors and Elders past, present and future.
At university, you will further develop your skills in organising and prioritising a number of competing and challenging tasks. Start managing your time now to help with your success.

**BEFORE O WEEK**

- Refer to page 2 for information that will help prepare you for study.

**DURING O WEEK**

- Attend Orientation Week information sessions and social activities and get to know your lecturers, your classmates and your campus.
- Check your fees and charges in eStudent under ‘My Finances’ and make a note of payment due dates and how you can make or defer payments. For more information visit [jcu.edu.au/fees](http://jcu.edu.au/fees) and watch the ‘Costs of going to University’ presentation under ‘More help?’
- Log on to LearnJCU to find out information from your lecturers about your subjects, including text book lists, assessment topics, deadlines and grading information – [jcu.edu.au/learn](http://jcu.edu.au/learn).
- Get organised early and create weekly and assessment study plans - download planners from the Learning Centre under ‘Getting Started’.
- Get connected to the JCU wireless network (eduroam) at the ‘IT Essentials’ session.
- Become part of our virtual communities through Facebook, Twitter, Instagram, Snapchat, LinkedIn and more.
- Register for AccessAbility services if you have a disability, health condition or injury that might impact your studies - [jcu.edu.au/accessability](http://jcu.edu.au/accessability)
- Familiarise yourself with free student services at JCU – AccessAbility, Careers and Employability, Counselling, Indigenous Education and Research Centre, JCU Student Association, Learning Advisors, Library, Student Centre, Student Mentors and Student Wellbeing.
- Ask for help - if you have any queries access ‘Ask Us’ on the JCU website to find out answers to commonly asked questions, contact Infohelp for IT assistance, or contact the Student Centre for general enquiries – [jcu.custhelp.com](http://jcu.custhelp.com).

**AFTER O WEEK**

- Download the Week 1 to Week 4 checklist at the New Students website to help you stay on track and succeed in your studies – [jcu.edu.au/new-students/your-essential-checklists](http://jcu.edu.au/new-students/your-essential-checklists).
Prepare for Study

Student ID cards
A student identification (ID) card is a must for all students. To order your ID card simply go to the Student ID Card webpage, follow the instructions to upload your photo and select your campus for pick-up. Your ID card will then be posted to the campus for collection. For full instructions, go to jcu.edu.au/student-id-card. A Student ID card is required before you can apply for a Clinical ID card for placement.

Your email account
Your JCU email account is your primary source of communication. You must check it regularly to ensure you receive official communications regarding your classes, enrolment, fees or academic progression. You should already have your JCU email address. If not, log into eStudent - jcu.edu.au/eStudent and click on the My Details tab. Go to Contact Details and scroll down to My Email Addresses.

Enrolment help
Your enrolment information can be viewed under the My Study Plan tab on eStudent. Visit jcu.edu.au/new-students to access the JCU App under the ‘Activate’ button to finalise your JCU enrolment. If you need extra assistance you can freecall 1800 246 446 (select option ‘3’) or email enrolmenthelp@jcu.edu.au.

Register for classes
Log into eStudent to create your personalised timetable under My Timetable – some subjects automatically allocate classes, while others give you some choice. Once you have registered for classes you can find your timetable in the JCU App.

Scholarships
You may be surprised at the range of financial support that is available to JCU students. We have a wide range of scholarship options for students starting their first degree at JCU.

jcu.edu.au/scholarships

Keys to Academic Success
Unlock your potential and join JCU’s “Keys to Academic Success” live webinar, designed to guide you through your first semester of study.

Date: Thursday 20th February
Time: 6.00pm - 8.00pm
Location: Online session

There will also be a series of live webinars in Week 1 (25-27 February) on Academic Writing.

Please refer to the enclosed flyer for all session details, including how to register.
Monday 17 February

Come along for your official JCU welcome and learn about all of the support services available to JCU students. Find out more about your course, meet your lecturers and fellow students and take a tour of the Centre for Rural and Remote Health (CRRH) and JCU Mount Isa Study Centre campus.

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
<th>LOCATION – CRRH LECTURE ROOM 1</th>
</tr>
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<tbody>
<tr>
<td>9.00am – 9.30am</td>
<td>Welcome to JCU Mount Isa Study Centre Meet your lecturers, tutors and friendly support staff, and find out more about your orientation activities.</td>
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<tr>
<td>9.30am – 9.45am</td>
<td>Official Welcome to JCU</td>
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<tr>
<td>9.45am – 10.00am</td>
<td>Balancing Life &amp; Uni Meet our friendly Student Equity and Wellbeing staff and learn about the range of support services to help you get started and succeed in your studies. Find out how to successfully manage transition and build strategies to overcome obstacles.</td>
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<tr>
<td>10.00am - 10.15am</td>
<td>Student Essentials Covers the essentials you need before lectures start. You will be introduced to online student portals, important dates, study plans, timetables and ID cards, as well as your financial obligations and where to go for help.</td>
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<tr>
<td>10.15am - 10.45am</td>
<td>Morning Tea</td>
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<tr>
<td>10.45am - 11.00am</td>
<td>IT Essentials This session will introduce you to the IT Services available to you as a student of JCU. Learn how to use JCU computers, access printers, free software, email and the wireless network, and where to go for help if you need it.</td>
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<tr>
<td>11.00am – 11.15am</td>
<td>Career Advice for First Year Students Learn what you can do to kickstart your career from your first day at university and how we can help.</td>
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<tr>
<td>11.15am – 11.30am</td>
<td>Successful Students Connect This session will highlight key strategies for a successful start to your studies, and provide information about services available to assist you in developing your academic skills throughout your time at JCU.</td>
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<tr>
<td>11.30am - 12.30pm</td>
<td>JCU &amp; CRRH Induction Explore the Centre for Rural and Remote Health (CRRH) and JCU Mount Isa Study Centre campus.</td>
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<tr>
<td>12.30pm - 1.00pm</td>
<td>Lunch</td>
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<tr>
<td>1.00pm - 1.30pm</td>
<td>Your Course Introduction Everything you need to know about studying a Bachelor of Nursing Science at JCU. This session includes information about class registration, how to access your timetable, and clinical ladders.</td>
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<tr>
<td>1.30pm - 2.00pm</td>
<td>Student ID Cards, PEP Requirements and Textbooks Find out how to organise your JCU Student ID card, go through the requirements for your Professional Experience Placements (PEP) and determine which textbooks you will need for your subjects.</td>
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<tr>
<td>2.00pm - 2.30pm</td>
<td>Up and Running with LearnJCU and Navigating Subject Outlines Your study at JCU will include a mix of face-to-face and online activities. Take a tour of LearnJCU, your online subject portal for accessing learning resources, interacting with peers and submitting assessments. Subject Outlines are a critical resource for students and detail subject descriptions and learning outcomes, staff contacts, learning resources, assessment details and more.</td>
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Co-op Bookstore
The Co-op is your go-to place for textbooks, stationery, JCU apparel and other study essentials. Join the Co-op for Member discounts.
coop.com.au

Off-Campus Students
Visit the 'Off-Campus Students’ website for more information about services available to students studying outside of Townsville and Cairns.
jcu.edu.au/off-campus-students
Tuesday 18 February

Academic Skills Workshop
The ability to write good assignments is an important skill to develop. The Academic Skills Workshop leads students through: the purpose of an essay, planning your assignment, understanding the assessment criteria, critical reading and note-taking, using academic language, and editing techniques. This workshop will also help you develop important learning skills for success at university.

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<tr>
<td>9.00am - 10.40am</td>
<td>Academic Skills Workshop (Part One)</td>
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<tr>
<td>10.40am - 11.00am</td>
<td>Morning Tea</td>
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<tr>
<td>11.00am - 12.20pm</td>
<td>Academic Skills Workshop (Part Two)</td>
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<tr>
<td>12.20pm - 12.50pm</td>
<td>CRRH Lunch</td>
<td>During lunch take the opportunity to meet and mingle with CRRH staff, new and current students.</td>
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<tr>
<td>12.50pm - 1.50pm</td>
<td>Academic Skills Workshop (Part Three)</td>
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<tr>
<td>1.50pm - 4.30pm</td>
<td>Searching and Referencing for University Assignments</td>
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Wednesday 19 February

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<tr>
<td>9.00am - 10.40am</td>
<td>Introduction to Cultural Awareness</td>
<td>The focus of this session is to raise your awareness and understanding of Australian Aboriginal and Torres Strait Islander culture, history kinship systems and contemporary issues, when living and working in rural and remote communities.</td>
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<tr>
<td>10.40am - 11.00am</td>
<td>Morning Tea</td>
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<tr>
<td>11.00am - 12.20pm</td>
<td>Introduction to Cultural Awareness (cont.)</td>
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<tr>
<td>12.20pm - 1.00pm</td>
<td>Lunch</td>
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<tr>
<td>1.00pm - 2.30pm</td>
<td>Tour of the Mount Isa Indigenous Community Services</td>
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<tr>
<td>2.30pm - 3.00pm</td>
<td>Orientation Wrap-Up</td>
<td>An open forum discussion about everything you’ve learned so far, as well as details about what to expect when classes start in Week One.</td>
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Top Tips for Success

Study, Stop and Revive
Plan university in “shifts”. Let your brain and body have a complete break between shifts to recharge.

Super-Sized Study Sessions
Form study groups – they will help you study more effectively and efficiently, and are enjoyable.

The Learning Centre
Visit jcu.edu.au/learning-centre for resources to help you develop your academic writing, learning, language and mathematic skills.

Attend to Achieve
Students who attend ALL classes maximise their learning and success (we have the stats!), which includes orientation session.

Stay Ahead
Read all the set materials and complete any tutorial/workshop activities before classes start each week to help give context for the information you are learning.

Regular Rewards
Celebrate your achievements (big and small) and reward yourself regularly for your hard work and efforts. Remind yourself regularly of your strengths and long-term goals.

Study Strategically
Summarise your notes and readings each week into a one-page typed sheet – it will help consolidate your learning and these will become your exam prep notes (win-win!)

Life Lessons
Step out of your comfort zone. Gaining a higher education means being open to new experiences, perspectives, concepts and people – embrace your brave new world at JCU.

Helpful Habits
Aim to stick to a healthy routine with regular sleep patterns, exercise and eating. Study regularly and start assessments early – they often take longer than you think!

Mentor Magic
Make contact with a Student Mentor. A mentor can provide valuable support and be a role model for you in your first year of study.

Independent Learner
JCU is an adult learning environment and students are expected to become self-directed learners and access online learning resources, such as The Learning Centre, Library, LearnJCU and Lynda.com.

Subject Guidelines
Read all your subject outlines multiple times throughout the study period – they contain vital information about how to succeed in your subject and academic expectations.

Plan for Success
Create a weekly and a semester planner and stick to them – templates are on The Learning Centre website. Allow extra time for each activity in your first study period as things often take longer than you expect first time around.

Mindfulness
Regularly take the time to stop and be in the present moment and take a few deep breaths. Challenge negative, critical thoughts that may creep in and replace them with positive, encouraging ones. Treat yourself the way you would treat a friend.

Drop Down – Not Out
Review your study load before Census Date and decide whether you need to drop a subject (or two) in order to be successful and remain at university. Always seek advice about which subject/s to drop and impact on financial assistance payments.

Academic Health Check
Give yourself a weekly check-up each Friday and reflect on how you are coping with different elements of your study and life. Seek out friendly JCU academic and professional staff if you need some helpful fine tuning in any area.

Practice Period
Give yourself one full study period to settle into university – you have to invest a lot of time initially learning about academic expectations, researching, writing and technologies, as well as your course content. Be kind and cut yourself some slack if you have a few hiccups.

Procrastinations and Distractions
Have a quiet, designated study space at home to help you study undisturbed. To overcome road blocks in motivation, try setting your phone timer to 10 minutes and start a task – quite often you will keep going after the timer sounds.

Create Connections
Be brave and introduce yourself to people around you. Find some like-minded peers and form informal study groups – help each other to succeed and feel a sense of belonging at university. Also, schedule regular time with friends and family to stay connected.
Contacts

Centre for Rural & Remote Health (CRRH)
- 100 Joan Street, Mount Isa
- 07 4745 4500
- jcu.edu.au/mtisa
- crrh.jcu.edu.au

Key Staff
- Jodi Brown
  - Site Coordinator and Senior Lecturer, Nursing
  - 07 4745 4540
  - 0436 685 410
  - jodi.brown@jcu.edu.au

Indigenous Education and Research Centre
The Centre’s staff are here to support you through your whole journey while at University by providing assistance with your studies, develop strategies for time management and planning, access to free coaching to help with assignments, or exam preparation.
- 07 4781 4676
- IERC@jcu.edu.au
- jcu.edu.au/ierc

IT Help Desk
IT Help Desk provides students with the first point of contact for all ICT Services offered at JCU, including IT enquiries, account access issues and fault reporting. Certain software is available free to students, including Microsoft Office.
- 07 4781 5500 (option 1)
- ithelpdesk@jcu.edu.au
- jcu.edu.au/helpdesk

Career and Employability
Our friendly service staff can help you with career advice and action plans, job search strategies, resume checking and LinkedIn profile development. Students can also find casual employment, volunteer opportunities or graduate positions on CareerHub.
- 07 4781 4711
- careers@jcu.edu.au
- jcu.edu.au/careers

JCU Student Association (JCUSA)
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- 1800 330 021
- studentassociation@jcu.edu.au
- jcus.a.edu.au

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JCU Library services including InfoHelp can assist with assignment research & referencing help and provide access to print & online information resources. Get in touch using our Chat Service or contact us at:
- 07 4781 6870
- library@jcu-au.libanswers.com
- jcu.edu.au/library

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- jcu.edu.au/contacts

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- offcampus-studentmentors@jcu.edu.au
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- learning@jcu.edu.au
- jcu.edu.au/learning-centre
Centre for Rural & Remote Health (CRRH)
Find out more about how your Student Services and Amenities Fee contributions are improving support services and facilities at JCU – Search 'SSA Fee'.

Ask Us
Find answers to common questions
jcu.custhelp.com

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This publication is intended as a general guide. The information is correct at the time of printing. Prospective students should contact the University to confirm admission requirement and course availability. James Cook University reserves the right to alter any course or admission requirement without prior notice.