



2019

STUDY PERIOD 1

# Orientation Program Mount Isa Study Centre



JAMES COOK  
UNIVERSITY  
AUSTRALIA



*Make Life Matter*

[jcu.edu.au](http://jcu.edu.au)



# 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, so there are opportunities for you to choose to do part of your studies on campuses other than your home campus.

In fact, over the next three years more than 400 JCU students will be travelling in the Asia-Pacific as part of their studies to learn more about the Asia-Pacific region thanks to nearly \$1.4 million awarded to JCU through the Australian Government's New Colombo Plan.

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 2019.

**Professor Sandra Harding**  
*Vice Chancellor and President*



Orientation will be run on 18-20 February 2019 - the week before teaching starts in Study Period 1.

Taking part in 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.

**RESPECT.  
NOW.  
ALWAYS.**

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](http://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.*



# New Student Checklist

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 connected to the JCU wireless network (eduroam) at the 'IT Essentials' session.
- 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 Employment, 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)
- 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](http://jcu.edu.au/off-campus-students)

Connect with JCU



# Prepare for Study

## Student ID cards

A student identification (ID) card is a must for all students. To order your ID card simply log into the Student ID Card webpage, 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](http://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 at least twice a week (as per your Student Contract) 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](http://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 the New Students website [jcu.edu.au/new-students](http://jcu.edu.au/new-students) to access the **JCU App** under the 'Activate' button to finalise your JCU enrolment. You can also call 1800 246 446 (select option '3') or email [enrolmenthelp@jcu.edu.au](mailto:enrolmenthelp@jcu.edu.au) if you need extra assistance.

## Register for classes

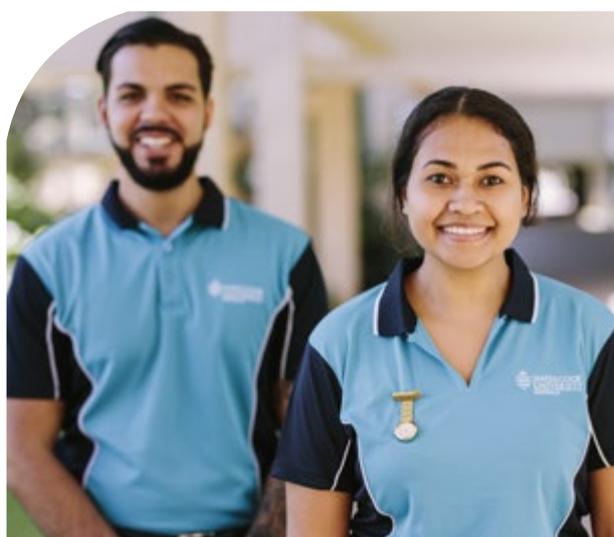
Log into **eStudent** to create your personalised timetable under **My Timetable** – some subjects automatically allocate classes, while others give you some choice. Once you have registered for classes you can find your timetable in the **JCU App**.



This online orientation website is designed to be user-friendly for new students and contains helpful modules about commencing university study and tips on how to succeed. Kickstart your studies with vital information about Student Essentials, Academic Essentials, Orientation and Student Support. [jcu.edu.au/getready4uni](http://jcu.edu.au/getready4uni)



The Co-op is your go-to place for textbooks, stationery, JCU apparel and other study essentials. Join the Co-op for Member discounts. Search and find everything you need for your studies online at [coop.com.au](http://coop.com.au)



## Keys to Academic Success

Unlock your potential and join The Learning Centre's "Keys to Academic Success" live webinar, designed to guide you through your first semester of study.

**Date:** Thursday 21st February

**Time:** 5.00pm - 6.30pm

**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 flyers for all session details, including how to register.

# Monday 18 February

Today is all about getting to know your course, lecturers and fellow students. Come along for your official JCU welcome and learn about all of the support services available to JCU students.

TIME	ACTIVITY	LOCATION – TARABADA 1 LECTURE ROOM
9.00am – 9.30am	<b>Welcome to JCU Mount Isa Study Centre</b> Meet your lecturers, tutors and friendly support staff, and find out more about your orientation activities.	
9.30am – 9.50am	<b>Official Welcome to JCU</b>	
9.50am – 10.10am	<b>Balancing Life &amp; Uni</b> 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.	
10.10am – 10.30am	 <b>Morning Tea</b>	
10.30am - 10.50am	<b>Student Essentials</b> 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.	
10.50am - 11.10am	<b>IT Essentials</b> 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.	
11.10am – 12.30pm	<b>JCU &amp; CRRH Induction</b> Explore the Centre for Rural and Remote Health (CRRH) and JCU Mount Isa Study Centre campus.	
12.30pm - 1.00pm	 <b>Lunch</b>	
1.00pm - 1.20pm	<b>Career Advice for First Year Students</b> Learn what you can do to kickstart your career from your first day at university and how we can help.	
1.20pm - 1.40pm	<b>Successful Students Connect</b> 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.	
1.40pm - 2.10pm	<b>Your Course Introduction</b> 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..	
2.10pm - 2.40pm	<b>Student ID Cards, PEP Requirements and Textbooks</b> 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.	
2.40pm - 3.00pm	<b>Conclusion</b> Find out about what's in store for the rest of the week.	



## 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](https://jcu.edu.au/scholarships)



## Top Library Tips Video Series

Your assignment is only as good as your research. Discover the top tips to build some serious research muscle. Check out <https://libguides.jcu.edu.au/top-library-tips>



## 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](https://jcu.edu.au/off-campus-students)



## Info Skills Road Trip

Go on a guided tour of how to find and use information at university. Designed for everyone new or returning to university study. Info Skills Road Trip: [libguides.jcu.edu.au/roadtrip](https://libguides.jcu.edu.au/roadtrip)

# Tuesday 19 February

## Academic Skills Workshop

Writing assignments is a big part of your time at university – learn how to do it well. The Academic Skills Workshop will help you learn how to break down your assignment question, find good quality research for your assignments, use evidence to prove your points, reference your work correctly and manage your time effectively. These workshops will help you stay on top of your work, avoid plagiarism and write better sentences and paragraphs.

TIME	ACTIVITY	LOCATION – TARABADA 1 LECTURE ROOM
9.00am - 10.40am	<b>Academic Skills Workshop (Part One)</b>	
10.40am - 11.00am	 <b>Morning Tea</b>	
11.00am - 12.20pm	<b>Academic Skills Workshop (Part Two)</b>	
12.20pm – 12.50pm	 <b>CRRH Lunch</b> During lunch take the opportunity to meet and mingle with CRRH staff, new and current students and your Student Mentors – experienced students who volunteer their time to help new students settle into university.	
12.50pm - 1.50pm	<b>Academic Skills Workshop (Part Three)</b>	
1.50pm - 2.20pm	<b>Up and Running with LearnJCU and Navigating Subject Outlines</b> 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 your Subject Outline, learning resources, interacting with peers and submitting assessments.	
2.20pm - 3.00pm	<b>Orientation Wrap-Up</b> An open forum discussion about everything you've learned so far.	

# Wednesday 20 February

TIME	ACTIVITY	LOCATION – TARABADA 1 LECTURE ROOM
9.00am – 10.40am	<b>Introduction to Cultural Awareness</b> 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.	
10.40am - 11.00am	 <b>Morning Tea</b>	
11.00am – 12.30pm	<b>Introduction to Cultural Awareness (cont.)</b> Please see above for details.	
12.30pm - 1.00pm	 <b>Lunch</b>	
1.00pm - 2.30pm	<b>Tour of the Mount Isa Indigenous Community Services</b>	
2.30pm - 3.00pm	<b>Mount Isa Hospital Tour</b>	
3.00pm – 3.30pm	<b>Orientation Wrap-Up</b> 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.	

# Contacts

## Centre for Rural & Remote Health (CRRH)

📍 100 Joan Street, Mount Isa  
(behind Mount Isa Hospital)

☎ 07 4745 4500

✉ [jcu.edu.au/mtisa](http://jcu.edu.au/mtisa)

🌐 [jcu.edu.au/crrh](http://jcu.edu.au/crrh)

## Key Staff

**Jodi Brown**

*Site Coordinator & Senior Lecturer - Nursing,  
Midwifery & Nutrition*

☎ 07 4745 4540

☎ 0436 685 410

✉ [jodi.brown@jcu.edu.au](mailto:jodi.brown@jcu.edu.au)

CRRH Cloncurry Learning Centre

📍 Cnr King and Scarr Streets, Cloncurry

☎ 07 4742 0100

## Careers and Employment

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](mailto:careers@jcu.edu.au)

🌐 [jcu.edu.au/careers](http://jcu.edu.au/careers)

## 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](mailto:IERC@jcu.edu.au)

🌐 [jcu.edu.au/ierc](http://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](mailto:ithelpdesk@jcu.edu.au)

🌐 [jcu.edu.au/helpdesk](http://jcu.edu.au/helpdesk)

## JCU Student Association (JCUSA)

Elected students that represent the interests of students at JCU. Student Advocacy Officers offer independent, non-judgemental advice and representation for all JCU students.

☎ 1800 330 021

✉ [studentassociation@jcu.edu.au](mailto:studentassociation@jcu.edu.au)

🌐 [jcusa.edu.au](http://jcusa.edu.au)

## Library

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](mailto:library@jcu-au.libanswers.com)

🌐 [jcu.edu.au/library](http://jcu.edu.au/library)

## Student Centre

Contact the Student Centre for general enquiries including enrolment, fees, scholarships, course and subject information and timetable issues.

☎ 1800 246 446

✉ [enquiries@jcu.edu.au](mailto:enquiries@jcu.edu.au)

🌐 [jcu.edu.au/contacts](http://jcu.edu.au/contacts)

## Student Equity & Wellbeing

Provides free and confidential AccessAbility (for students with a disability, illness or health condition), Counselling, Equity and Wellbeing, and Chaplaincy services for students.

☎ 07 4781 4711

✉ [studentwellbeing@jcu.edu.au](mailto:studentwellbeing@jcu.edu.au)

🌐 [jcu.edu.au/sew](http://jcu.edu.au/sew)

## The Learning Centre

Your one-stop-shop for academic assistance. See our website for advice about any aspect of university study - from getting organised to assignment help. You can also use our 'Contact Us' form on the website to ask a question.

✉ [learning@jcu.edu.au](mailto:learning@jcu.edu.au)

🌐 [jcu.edu.au/learning-centre](http://jcu.edu.au/learning-centre)



Ask Us provides answers to commonly asked questions at any time of the day or night. These answers are designed especially to help future and current students.

🌐 [jcu.custhelp.com](http://jcu.custhelp.com)

# 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](http://jcu.edu.au/learning-centre) for resources to help you develop your academic writing, learning, language and mathematic skills.



## 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!



## 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.



## 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.



## 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.



## 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.



## 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.



## 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.



## Timely Tips

Treat university like a job and commit to your 'weekly roster' of study like you would paid employment – after all, it is an investment in your future. Set your phone timer and dive into your study session, and then relax and reward yourself when time is up.



## 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

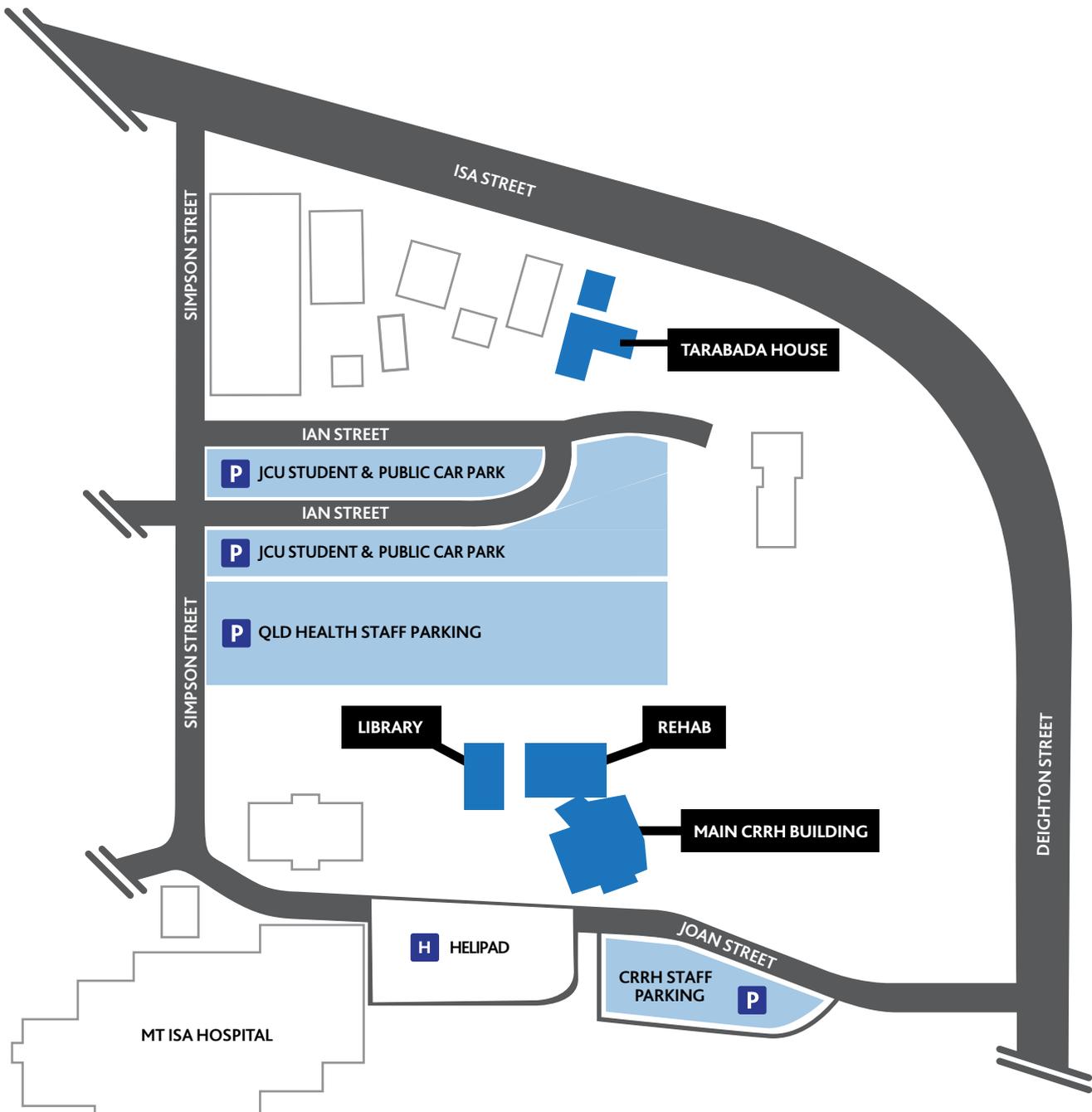
Have a quiet, designated study space at home to help you study undisturbed. To overcome road blocks in motivation, try setting your phone timer to 10 minutes and start a task – quite often you will keep going after the timer sounds.



## 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.

# 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'.*

Supported by your  
**SSA Fee**  
Building a better student experience

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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.



**JAMES COOK  
UNIVERSITY**  
AUSTRALIA