

2021

STUDY PERIOD 2  
JCU MOUNT ISA, MURTUPUNI CAMPUS  
Orientation Program



JAMES COOK  
UNIVERSITY  
AUSTRALIA



*Ready today for tomorrow*

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



# Welcome

Education matters. Especially during times of change and uncertainty.

As you navigate through what has been a challenging time, you deserve to feel proud that your skills and experience thus far have given you the opportunity to develop and demonstrate levels of resilience that will stand you in good stead for the future. It is more important than ever now to get ready today, for tomorrow. Welcome to James Cook University, where you will do just that.

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

For over 50 years, JCU has helped create a brighter future for and through students – like you – and graduates who make a difference. And it all begins with Orientation. Your O Week 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.

At JCU, we recognise and honour the sacrifices and adjustments you've made in recent times to get here. We are so very pleased to welcome you. JCU staff, student mentors and the wider University community are here to support you on your new journey. We are determined to help you reach your personal academic goals while studying and your professional goals once you graduate.

Enjoy your fresh start 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 2021.

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



The JCU Orientation Program runs over a six-week period with activities commencing the week before Orientation Week (O Week) and finishing in Week 4. This 'longer and thinner' approach means you receive the right information at the right time during your transition into university to avoid being overwhelmed at the start.

Orientation gives 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.*

*The JCU Centre for Rural and Remote Health (CRRH) Mount Isa campus has been named Murtupuni, which means to "come together, gather together" in the Kalkadoon language.*

# Prepare for Study

## Student ID cards

A student identification (ID) card is a must for all students. You will need one to access buildings on campus, borrow from the Library, printing services, and for exams. To order your ID card simply go to the **Student ID Card** webpage and follow the instructions to upload your photo. Your ID card will be posted to your nominated postal address in eStudent.

## Your email account

Your JCU email account is your primary source of communication. 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** 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** webpage to finalise your JCU enrolment. You can also contact the Student Centre on freecall 1800 246 446 (within Australia) or via email [enrolmenthelp@jcu.edu.au](mailto: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](http://jcu.edu.au/scholarships)

## Compulsory online modules

All commencing students are required to complete the **JCU Respect** and **Coursework Academic Integrity Education** modules. You are automatically enrolled into the modules, which can be accessed through **LearnJCU**.

## GetReady4Uni - Orientation Online

GetReady4Uni is JCU's online Orientation program designed to assist you to transition successfully to university. It is also where you will find all your O Week information.

GetReady4Uni consists of a number of short, interactive modules which all new students are required to complete before O Week.

[jcu.edu.au/getready4uni](http://jcu.edu.au/getready4uni)



### Indigenous Australian Students' Induction

The Indigenous Education and Research Centre (IERC) welcome all new students who identify as Australian Aboriginal and/or Torres Strait Islander. In this session, you will receive guidance on how to begin your study journey, and how our experienced staff can support you.

Please attend **one** of the sessions to meet staff and other new students. We look forward to meeting you.

Wednesday 14 July 5pm to 7pm  
(online via Collaborate - click [here](#) to access)

Thursday 22 July 12pm to 2pm  
(online via Collaborate - click [here](#) to access)



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

# Monday 19 July

Come along for your official JCU welcome and learn about all of the support services available to JCU students. These sessions will be delivered online via Collaborate and you can access from home or by joining us on-campus.

If joining from home, you can access by clicking **here**, or any of the session headings below. The virtual room will open 30 minutes prior to scheduled start time.

TIME	ACTIVITY	LOCATION – LECTURE ROOM 1 (MI001-24)
9.30am – 9.45am	<b>Official Welcome to JCU</b>	
9.45am – 10.00am	<b>Careers and Employability</b> Learn what you can do to kickstart your career from your first day at university and how we can help.	
10.00am - 10.15am	<b>The Student Centre</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.	
10.30am - 10.45am	<b>IT Help Desk</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.	
10.45am – 11.00am	<b>The Learning Centre</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.	
11.00am - 11.15am	<b>Student Equity and Wellbeing</b> Meet our staff and learn about the range of support services to help you balance life with uni and succeed in your studies.	
11.15am - 11.30am	<b>Off-Campus Library Services</b> In this introduction to the JCU Library you will find out how to contact the Liaison Librarian for your course and the many services available to our off-campus students.	

## Access online sessions

Online information sessions and short courses will be delivered using a virtual classroom called **Collaborate**.

Click **here** for information on how to access and setup Collaborate on your device.

Need Help? Please raise a JCU ServiceNow request with the IT Help Desk by emailing [ithelpdesk@jcu.edu.au](mailto:ithelpdesk@jcu.edu.au).



"I would recommend all students attend Orientation as it was highly beneficial for my smooth transition to university. I was introduced to my course, the resources and support services available, as well as meeting teaching staff and fellow students."

*Phoebe Brennan  
Bachelor of Nursing Science*

# Tuesday 20 July

Today is all about getting to know your course, lecturers and fellow students. Set yourself up for success by attending these sessions that walk you through everything you need to know about studying at JCU.

TIME	ACTIVITY	LOCATION – LECTURE ROOM 1 (MI001-24)
9.00am – 9.30am	<b>Welcome to JCU Mount Isa's Centre for Rural and Remote Health (CRRH)</b> Meet your lecturers, tutors and friendly support staff, and find out more about studying a Bachelor of Nursing Science at JCU.	
9.30am – 10.30am	<b>Up and Running with LearnJCU</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 learning resources, interacting with peers and submitting assessments. LearnJCU is also where you'll find your Subject Outlines containing subject descriptions and learning outcomes, staff contacts, assessment details and more.	
10.30am - 11.00am	 <b>Morning Tea</b>	
11.00am - 11.30am	<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.	
11.30am - 12.00pm	<b>Meet the Mentors</b> Student Mentors are trained, experienced students who study in the same course to you, and can answer any questions you may have about your studies or settling into university life.	
12.00pm - 1.00pm	 <b>Lunch</b>	
1.00pm - 2.00pm	<b>JCU Mount Isa and CRRH Induction</b> Explore the Centre for Rural & Remote Health and JCU Mount Isa Study Centre campus.	
2.00pm - 3.00pm	<b>Mount isa Indigenous Community Services</b> Join us on a guided bus tour of the local indigenous community services.	
3.00pm - 3.30pm	<b>Orientation Wrap Up</b> Find out more about what to expect in tomorrow's Academic Skills Workshop, discuss everything you've learned so far, as well as details about what to expect when classes start in Week One.	



Attending JCU O Week and having a Student Mentor increases your success rates by up to 23%! (2019 JCU Retention Data)



**Win a \$100 Voucher!**

We want feedback on your O Week experience! From Friday 23 July – complete the short online survey about your O Week experience and you will go into the draw to win a \$100 voucher.

[jcu.edu.au/getready4uni](http://jcu.edu.au/getready4uni)



# Wednesday 21 July

## Academic Skills Workshop

The ability to write good assignments is an important skill to develop. Delivered by one of JCU's Senior Liaison Librarians, this workshop will help you develop important learning skills for success at university.

TIME	ACTIVITY	LOCATION – LECTURE ROOM 1 (MI001-24)
9.00am – 12.00pm incl. Morning Tea	<b>Academic Skills Workshop (Part One)</b> Part one of the workshop will lead you through the purpose of an essay, planning, understanding and unpacking your assignment question, effective writing, time management and note taking techniques.	
12.00pm - 1.00pm	 <b>Lunch</b>	
1.00pm - 4.30pm	<b>Academic Skills Workshop (Part Two)</b> The second part of the workshop will explain academic language and hedging expressions, how to integrate evidence into your writing, searching for and evaluating resources, and how to reference for your assignments.	

# Thursday 22 July

Active learning is key for success at university and this series of live webinars are designed to guide you through strategies and skills for academic success in your first year of study.

For link to Collaborate room, please register at [bit.ly/registrations212](https://bit.ly/registrations212).

TIME	ACTIVITY	ONLINE VIA COLLABORATE
5.00pm - 6.00pm	<b>Mature Age Student Panel</b> Join us to meet and talk with some of JCU's mature age students and discuss strategies for successful return to study, particularly ways to balance your study, family and work.	
6.00pm - 7.00pm	<b>Keys to Academic Success (Part One)</b> Get ready for the first few weeks of class. Create a study plan, draw on three simple steps for assessment success and build your learning connections through reading, writing and your learning community.	
7.00pm - 8.00pm	<b>Keys to Academic Success (Part Two)</b> Your assignment is only as good as your research. Come and work with Library staff to build some serious research muscle. You will also undertake a Referencing Bootcamp where you will learn the basics of referencing and how to avoid plagiarism.	

# Online Short Courses, Workshops and Modules

JCU offers a range of FREE online short courses, workshops and modules as part of Orientation.

## The Learning Centre

### Maths Refresher

This course is designed to build confidence and competence in students returning to maths or in need of a refresher.

### Academic Writing

This course addresses the skills needed to research and write various academic texts such as essays, reports and annotated bibliographies.

### Study Well in Australia

For students with English as an additional language. These modules provide skills and strategies to help you develop your academic English vocabulary and critical reading skills.

### Basic Statistics

Revise basic statistics concepts that will support future learning throughout your degree.

### Getting the Most from Your Readings

Learn how to read more efficiently and develop strategies to interact creatively and critically with the information you have read.

For more information and registration details, please visit:  
**The Learning Centre - Short Courses and Workshops.**

## JCU Library

### Exploring the Digital Library

Learn how to make the most of the digital resources the library has to offer, including navigating ebook platforms and their useful features.

### APA7 Referencing

Learn how to use the APA7 Referencing Guide effectively with some real referencing questions. Bring your own examples for referencing feedback.

### Introduction to EndNote

Learn the basics of creating a personal library of references collected during your research and how to apply them to your assignment writing.

### Finding Information for Assignments

This session includes defining your research topic, searching for and evaluating resources, and OneSearch tips and tricks.

### AMA Referencing

Join us for an introduction to the basics of AMA referencing followed by a question and answer session with your examples.

For more information and registration details, please visit:  
**JCU Library - Workshops**



# Top Tips for Success



## Subject Guidelines

Read all your subject outlines in LearnJCU from front to back. They contain vital information about how to succeed in your subject and academic expectations.



## Mentor Magic

You will get a Student Mentor in O Week. They are here to help and have been in your shoes. They are happy to catch up for coffee and a chat and point you in the right direction.



## Attend to Achieve

Students who attend ALL classes maximise their learning and success. This includes orientation sessions - this vital info doesn't get repeated in Week 1.



## 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)!



## Super-Sized Study Sessions

Form study groups and find out about PASS (Peer Assisted Study Sessions) - they will help you study more effectively and efficiently, and are enjoyable.



## 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.



## Studying Online

JCU has created a wealth of tips and advice to optimise your experience and success with online study. Go to the **Current Students** webpage and check out the 'Learning Online' and 'What's On(Line)' information.



## 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 to maintain a sense of purpose and focus.



## Independent Learner

JCU is an adult learning environment and students are expected to become self-directed learners and access online learning resources from The Learning Centre, Library, LearnJCU and LinkedIn Learning.



## Ask for Help

Don't be afraid to ask for help when you need it. Reach out to your lecturer or tutor for help with your subject - they want to see you succeed. JCU also has a wide range of free support services to help with your academic, personal, and career development.



## Study, Stop and Revive

Plan university in shifts and let your brain and body have a complete break between shifts to recharge. Also, allow yourself time for other activities like relaxing, exercising, and catching up with friends and family.



## Plan for Success

Visit **The Learning Centre** to create weekly and semester study planners. Treat university like a job and commit to your 'weekly roster' of study. This routine will keep you on track, reduce stress levels, and make study enjoyable.



## Study Space

Create a quiet and comfortable study space with good lighting, turn off your phone, and limit distractions. Ensure you have access to a good quality microphone and use a computer, not a device, when participating in virtual classes.



## 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.



## Helpful Habits

Stick to a healthy routine with regular sleep patterns, exercise and eating. Study regularly, start assessments early, and allow extra time for each activity in your first study period as things often take longer than you expect the first time around.



## 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 any impact on financial assistance payments.



## 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.



## 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. Do a weekly review each Friday to assess which tasks didn't get completed, so you can adjust your study plan.



## Practice Period

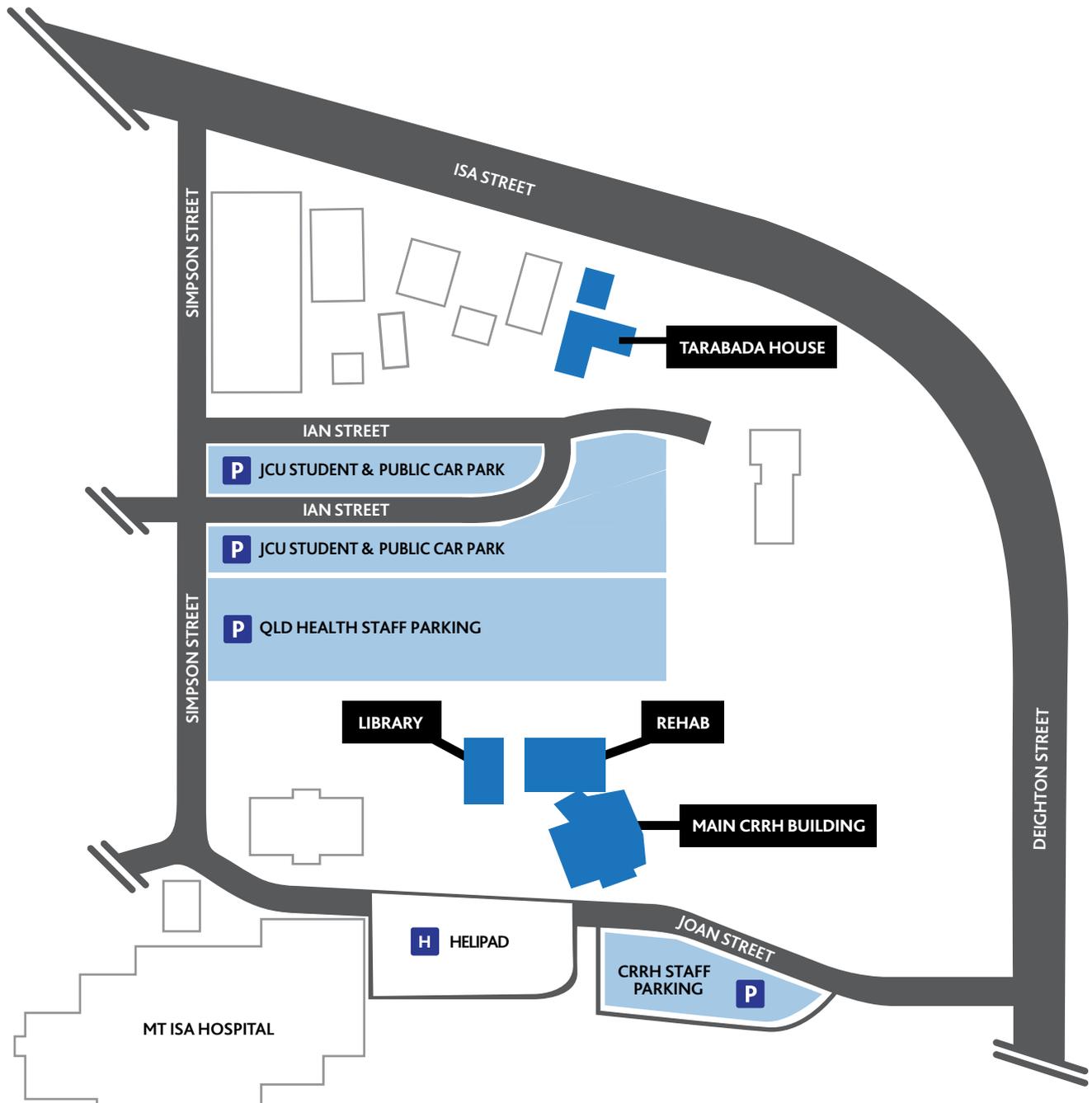
Give yourself one full study period to settle into university - you have to invest a lot of time initially learning about academic expectations, researching, writing and technologies, as well as your course content. Be kind and cut yourself some slack if you have a few hiccups.



## Procrastination

Motivation levels fluctuate, but one of the best ways to overcome a productivity plummet is to set yourself a short study task in a quiet space and dive in. Set your phone timer to 10 minutes and start the task - quite often you will keep going after the timer sounds.

# Mount Isa Study 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'.

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

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## Ask Us

Find answers to common questions  
[jcu.custhelp.com](http://jcu.custhelp.com)

Ask Us

Your questions answered

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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