STUDY PERIOD 2
Orientation Program

Make Life Matter
Welcome

Education matters. Especially during times of change and uncertainty.

With an international reputation among the world’s top tertiary institutions – JCU is ranked in the top 300 universities in the world¹ – you can be confident about choosing JCU as your university.

We have also been independently rated five stars for student support, learner engagement, skill development, full time employment and social equity². 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.

For 50 years, JCU has helped create a brighter future through students – like you – and graduates who make a difference. 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.

¹ 2019 Academic Ranking of World Universities (ARWU)
² 2020 The Good Universities Guide

Professor Sandra Harding AO
Vice Chancellor and President

The JCU Orientation Program runs over a five-week period with activities commencing in 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 will run online and will give you the information and contacts you need to successfully start your studies. It is also a great opportunity to meet with fellow students through a number of virtual 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/sez

All students and staff at JCU are required to complete the JCU Respect online module. You will find it in LearnJCU with your other subjects.

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 Checklists

While being a new student can be exciting, there are also many challenges along the way. Use our essential checklists to ensure you have a smooth transition to university life. Click here to view the checklist online.

O Week

☐ Attend the online O Week information sessions and social activities and get to know your lecturers, your classmates and support services.

☐ 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 go to Fees and Financial Support 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.

☐ Get organised early and create weekly and assessment study plans - download planners from The Learning Centre under ‘Getting Started’.

☐ Become part of our virtual communities through Facebook, Twitter, Instagram, LinkedIn and more.

☐ Register for AccessAbility services if you have a disability, health condition or injury that might impact your studies.

☐ Investigate the various options for transportation to and from JCU, including parking and tertiary transport concessions.

☐ Ask for help - if you have any queries access ‘Ask Us’ on the JCU website to find out answers to commonly asked questions, contact the IT Help Desk for IT assistance, or contact the Student Centre for general enquiries.

“I was excited to begin studying at JCU and attended O Week. These activities helped me understand the university and what my course entailed, and introduced me to other new students who have become friends.”

Annaliese Giger
Bachelor of Medicine, Bachelor of Surgery
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. The Student Centre will contact you once it is ready to collect.

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 website to access the JCU App under the ‘Activate’ button to finalise your JCU enrolment. You can also call 07 4781 5255 (select option ‘3’), email enrolmenthelp@jcu.edu.au or drop into the Student Centre on campus if you need extra assistance.

Registered 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.

Get Ready 4 uni
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, Student Support and Uni Life.

Collaborate
Orientation will be delivered using an online virtual collaborating space called Collaborate. Prior to Orientation, watch a short screencast to familiarise yourself with Collaborate.

You also have to give the browser permission to use audio and video to participate in a session. Click here for instructions.

Join the Collaborate Practice Room to setup your microphone and video.

Need Help? Please raise a JCU service now request with the IT Help Desk.
O Week

O Week celebrates the beginning of your uni life and is packed with essential information and fun activities. O Week runs from 21 - 24 July 2020 – the week before teaching starts in Study Period 2.

Click on the session headings throughout this program to access the virtual ‘classrooms’ and social events. Classrooms will open 30 minutes prior to the scheduled start time.

O Week Survey

Win a $100 Voucher!

From Friday 24 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

Tuesday 21 July

Undergraduate Course Welcomes

Don’t miss the opportunity to meet your lecturers and learn about your course. Course Welcomes will occur online in Collaborate rooms which can be accessed by clicking on the course name.

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<tr>
<th>TIME</th>
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<tbody>
<tr>
<td>10.30am - 12.00pm</td>
<td>Welcome to JCU and Course Activities</td>
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<td>Arts</td>
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<td>Business</td>
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<td>Business and Environmental Science</td>
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<td>Certificate of Higher Education*</td>
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<td>Commerce</td>
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<td>Diploma of Higher Education*</td>
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<td>Education</td>
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<td>Engineering</td>
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<td>Environmental Practice</td>
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<td>Geology</td>
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<td>Information Technology</td>
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<td>Law</td>
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<td></td>
<td>Marine Science</td>
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<td>Nursing Science**</td>
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<td>Planning</td>
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<td>Psychological Science</td>
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<td>Science</td>
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<td>Social Work</td>
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<td>Technology and Innovation</td>
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<td>Tourism, Hospitality and Events</td>
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<tr>
<td>* Students studying the Certificate or Diploma of Higher Education finish at 1.00pm.</td>
<td></td>
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<tr>
<td>** Students studying at Mackay and Mount Isa Study Centres finish at 12.30pm.</td>
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<tr>
<td>12.00pm - 12.30pm</td>
<td>Live(stream)@Lunch</td>
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<td>Join Mikey Mke Music as he live streams on the JCU: Current Students Facebook page. Weekly prize up for grabs.</td>
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<tr>
<td>1.00pm - 3.00pm</td>
<td>JCUSA Townsville and Cairns Virtual Campus Tours</td>
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<tr>
<td>3.00pm - 4.00pm</td>
<td>Q&amp;A with JCUSA Student Advocates and External Student Councillor</td>
</tr>
<tr>
<td>4.00pm - 5.00pm</td>
<td>JCUSA Clubs and Societies Facebook Market Day (Day One)</td>
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<tr>
<td>7.30pm - 8.30pm</td>
<td>JCUSA Zoom Speed Friending</td>
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Wednesday 22 July

JCU 101

University is an exciting chapter in your life, but it can also be a challenging one. Set yourself up for success by attending these sessions that walk you through everything you need to know about studying at JCU. Click on the session title to access the Collaborate room.

<table>
<thead>
<tr>
<th>TIME</th>
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<tbody>
<tr>
<td>10.00am - 11.00am</td>
<td><strong>JCU 101 (Part One)</strong>&lt;br&gt;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.&lt;br&gt;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.&lt;br&gt;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>
</tr>
<tr>
<td>11.00am - 11.15am</td>
<td>Break</td>
</tr>
<tr>
<td>11.15am – 12.15pm</td>
<td><strong>JCU 101 (Part Two)</strong>&lt;br&gt;IT Essentials - This session will introduce you to the various IT Services available to you as a student of JCU. Learn how to access JCU online services from anywhere at anytime, including O365 (Email, OneDrive and Office), along with information on JCU computers, printing, free software and the wireless network, as well as where to go for IT help if you need it.&lt;br&gt;Up and Running with LearnJCU – your online learning environment. Find out how to access your subjects in LearnJCU, navigate your lecture recordings, learning materials and assessment, and connect with your classmates using Collaborate.</td>
</tr>
<tr>
<td>12.30pm - 2.00pm</td>
<td><strong>Indigenous Australian Students’ Induction</strong>&lt;br&gt;Join Indigenous Education &amp; Research Centre (IERC) staff to learn and yarn about the important information you will need to study. Students who identify as Australian Aboriginal and Torres Strait Islander are welcome to attend either the Wednesday or Thursday session, from any location or campus.</td>
</tr>
<tr>
<td>12.30pm - 2.00pm</td>
<td><strong>Nursing Science Students’ Induction</strong>&lt;br&gt;This session will look further at LearnJCU subject sites, introduce you to first year Nursing subjects, and discuss academic and student support opportunities offered to students. All commencing Nursing Science students are encouraged to attend.</td>
</tr>
<tr>
<td>1.00pm – 3.30pm</td>
<td><strong>JCUSA Clubs and Societies Facebook Market Day (Day Two)</strong></td>
</tr>
<tr>
<td>7.30pm - 8.30pm</td>
<td><strong>JCUSA Trivia Night</strong></td>
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**O Week Bingo**

Win a $300 gift card!

For your chance to win a $300 Coles Myer gift card, attend your Course Welcome, the JCU 101 and Keys to Academic Success sessions and email your completed card* to orientation@jcu.edu.au. It’s that easy!

*Bingo card can be found at the back of this program.
# Thursday 23 July

**Keys to Academic Success**

Active learning is key for success at university and this series of interactive sessions are designed to guide you through strategies and skills for academic success in your first year of study. Click on the session title to access the Collaborate room.

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<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
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| 10.00am - 11.00am | **Keys to Academic Success (Part One)**  
Join The Learning Centre as they highlight key strategies for a successful start to your studies, such as study planners, time management, note-taking, and planning your assignments, as well as information about free services available to assist you in developing your academic skills throughout your time at JCU. |
| 11.00am – 11.15am | Break                                                     |
| 11.15am - 12.15pm | **Keys to Academic Success (Part Two)**  
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. |
| 12.30pm - 1.30pm | **Special Interest Group: Mature Age Students**  
Join our group of mature age students to discuss the issues they have faced in their return to study, such as balancing study/family/work, and share some of their strategies for success. |
| 12.30pm – 1.30pm | **JCUSA Website Scavenger Hunt**                          |
| 12.30pm – 2.00pm | **Indigenous Australian Students’ Induction (repeat)**  
Join IERC staff to learn and yarn about the important information you will need to study. Students who identify as Australian Aboriginal and Torres Strait Islander are welcome to attend from any location or campus. |
| 1.30pm – 3.15pm | **JCUSA Sport and Recreation - Virtual Information Session** |
| 6.00pm - 8.00pm | **Keys to Academic Success (Parts One and Two repeat)**  
If you weren’t able to join earlier, The Learning Centre and Library staff are back in this two-hour webinar covering academic skills and strategies, researching and referencing. |
| 7.00pm - 9.30pm | **JCUSA Movie Night**                                     |

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# Friday 24 July

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<th>TIME</th>
<th>ACTIVITY</th>
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<tbody>
<tr>
<td>10.00am - 11.00am</td>
<td><strong>JCUSA Creative Art Challenge</strong></td>
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Weeks 1 - 4

**Short Courses and Workshops**

JCU offers a range of free short courses, workshops and modules after O Week. Click on the workshop heading to find out more.

**Maths Refresher**
This short course is designed to build confidence and competence in students returning to maths or in need of a refresher. This course is particularly helpful for students intending to study courses where mathematics and statistics are required.

**Basic Statistics**
Revise basic statistics concepts that will support future learning throughout your degree. You will learn how to collect, organise, analyse and interpret information.

**Live on Campus**
There are heaps of accommodation options available to you, and our team can help you search for a place that suits your needs. Find out more at:

jcu.edu.au/accommodation

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**Get the Most from Your Readings**
This workshop will focus on helping you to read more efficiently and develop strategies to interact creatively and critically with the information you have read.

**Finding Information for Assignments**
This session includes defining your topic, searching and evaluating resources, followed by a question and answer session.

**APA7 Referencing**
Join us for an introduction to the basics of APA7 referencing followed by a question and answer session with your examples.

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

**JCU Employable Me**
Jump start your employability from first year and register for the JCU Employable Me webinar series. We recommend new students attend ‘The Employability Edge’ (Week 2) and the ‘Job Skills for Now and the Future’ (Week 3) webinars.

**Employability Edge**
Work through our self-paced ‘You and Your Career’ online module to help identify your unique personal attributes, values, and skills, and put you on the path to success.

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**STUDENT SUCCESS WEEK**

**SET YOURSELF UP FOR SUCCESS**

A week of staged activities focused on preparing students for success through engagement with key support services and resources.

Week 3 | 10 - 14 August | Online

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**Get the Most from the Library**
Join us for a brief introduction to library resources and services followed by a question and answer session.

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**Employability Edge**
Work through our self-paced ‘You and Your Career’ online module to help identify your unique personal attributes, values, and skills, and put you on the path to success.
Commencing university is an exciting time and students commonly feel happy and enthusiastic about their decision to study a chosen field. Your first study period at university will be a stimulating experience, but it is also an especially busy time as you learn about the university environment, academic expectations, learning technologies, where to go for help, as well as your course content. These new and exciting challenges can cause students to feel anxious and unsure at various times, particularly around assessment periods.

As shown in the graphic below, students can feel like they are on an emotional roller coaster in their first study period at university, which is 100% normal. The good news is that if you come along to O Week you will learn lots of tips and strategies to help you smoothly navigate your transition into university and that there are a lot of free support services available to help you succeed. Remember to always ask questions and seek help early if you need it – that is the true key to success at university.

Higher Education research shows that 98% of successful students take these seven steps:

1. Invest time on task
2. Balance commitments
3. Attend lectures and tutorials
4. Engage with academic technology
5. Develop a social network at university
6. Develop a sense of academic self-confidence
7. Have a clear vocational goal or purpose for studying

Emotional highs and lows for a new student in their first teaching period - an example

<table>
<thead>
<tr>
<th>Study period event</th>
<th>Feelings</th>
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<tbody>
<tr>
<td>Enrol</td>
<td>Happy/enthusiastic</td>
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<tr>
<td>O’Week</td>
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<tr>
<td>Lectures begin</td>
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<tr>
<td>Pre-Census</td>
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<tr>
<td>Date blues</td>
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<tr>
<td>First assignment</td>
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<td>back</td>
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<tr>
<td>Lecture recess</td>
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<tr>
<td>More assignments</td>
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<tr>
<td>More</td>
<td>back</td>
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<tr>
<td>More</td>
<td>assignments back</td>
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<tr>
<td>Exams</td>
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<tr>
<td>Results published</td>
<td></td>
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<tr>
<td>Mid year break</td>
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Safety on campus

The University’s campuses are public spaces. JCU Security are on the Cairns and Townsville campuses 24/7 and can assist students with any concerns. Phone 1800 675 559.

TropEco

TropEco is all of us creating a culture of sustainability at JCU. We encourage all students to get involved in the many fantastic sustainability activities and programs.

Campus Maps

Visit the Campuses and Maps webpage to access information on JCU campuses and study centres. Take a virtual tour of the Cairns, Townsville, Mackay and Mt Isa campuses.
Top Tips for Success

Learning Online
Familiarise yourself with the virtual teaching and learning tools that your lecturer will use, such as LearnJCU, Collaborate, and Zoom platforms.

Mentor Magic
A Student Mentor from your course will contact you in O Week. They are here to help and provide support and tips on how to succeed in your first study period.

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)!

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.

Create Connections
Stay connected with peers using virtual communication and collaboration tools. It’s important to embrace e-communication and be an active communicator during online classes.

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 online at JCU.

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.

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

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
Go to the JCU Learning Centre online 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.

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.

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.

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.
Contacts

Accommodation
The JCU Accommodation Service is a resource available to all JCU students seeking assistance with housing requirements. Whether it be on or off campus, for short or long term, the Accommodation Services team can point you in the right direction.

07 4781 4148
reservations.jcu@unilodge.com.au
jcu.edu.au/accommodation

Careers and Employability
Our friendly service staff can help students 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 (TSV)
07 4232 1150 (CNS)
careers@jcu.edu.au
jcu.edu.au/careers

First Year Coordinators
Every course at JCU has a designated First Year Experience Coordinator who is an academic staff member that teaches commencing students and understand the challenges that new students often face when transitioning into university. They can help provide advice about your course, support service referrals, and strategies for success in your studies.

jcu.edu.au/fye-coordinators

Indigenous Education and Research Centre
The Townsville and Cairns Centres provide a welcoming and safe environment where IERC staff can provide both academic and pastoral support to help all students succeed in their studies and progress through their degree.

07 4781 4676 (TSV)
07 4232 1046 (CNS)
IERC@jcu.edu.au
jcu.edu.au/ierc

International Student Support
Assistance with arrival and transition support, international orientation, visa and Confirmation of Enrolment enquiries, Overseas Student Health Cover, social activities and welfare support.

07 4781 4662 (TSV)
07 4232 1438 (CNS)
internationalsupport@jcu.edu.au
jcu.edu.au/international

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 - TSV)
07 4232 1777 (option 1 - CNS)
ithelpdesk@jcu.edu.au
jcu.edu.au/helpdesk

JCU Student Association
Elected students that represent the interests of students at JCU. JCUSA also runs sporting programs, fitness centres, and clubs and societies. Student Advocacy and Welfare Officers offer independent, non-judgemental advice and representation.

07 4781 4400 (TSV)
07 4232 1160 (CNS)
1800 330 021 (Freecall within Australia)
studentassociation@jcu.edu.au
jcusa.edu.au

Liberal Education
The JCU Library is here to teach students skills in assignment research, including referencing. We also provide access to print and online information resources. Get in touch on our Chat service or contact us at:

07 4781 5500 (option 2)
library@jcu-au.libanswers.com
jcu.edu.au/library

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jcu.edu.au/library

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07 4781 5500 (option 2)
library@jcu-au.libanswers.com
jcu.edu.au/library

Student Centre
Your number one point of contact. Contact the Student Centre for general enquiries including enrolment, fees, scholarships, course and subject information and timetable issues.

07 4781 5255 (TSV)
07 4232 1000 (CNS)
1800 246 446 Freecall (within Australia)
enquiries@jcu.edu.au
jcu.edu.au/contacts

Student Mentor Program
Our award-winning Student Mentor Program links new students with Student Mentors during O Week, who are experienced, trained student volunteers in the same course of study as you.

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- Attend your Course Welcome and the JCU 101 and Keys to Academic Success sessions, and find at least five (5) O Week Bingo Words for your chance to WIN a $300 Coles Myer gift card.
- Find all 10 words for a bonus entry.
- NB - Bingo words may appear anywhere on the sheet, and may not form a complete row.
- Email completed bingo card to orientation@jcu.edu.au by 11.59pm on Thursday 23 July to enter the draw.
- The winner will be notified by their JCU student email on Friday 24 July.

For full Terms and Conditions visit the Orientation pages on GetReady4Unl.