

# JCU NOW

Orientation Guide



JAMES COOK  
UNIVERSITY  
AUSTRALIA



*Ready today for tomorrow*

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



# Welcome

For more than 50 years, James Cook University (JCU) has played a pivotal role in shaping a brighter future for our students. It all begins with Orientation, and your O Week

program is designed to ensure your university experience starts on the right foot, with an understanding of what JCU has to offer from day one.

Your time with us promises to be a transformative experience, where you will explore new subjects, innovative ideas, and endless opportunities. You'll build expertise to adapt to

the ever-evolving demands of our changing world. Along the way, you will connect with fellow students from across Australia and around the globe. You'll also engage with

JCU's renowned researchers and dedicated educators, all committed to creating a brighter future for life in the tropics, locally and globally, through the contributions of our graduates

and ground-breaking discoveries. This rich diversity not only enhances your education but also prepares you to thrive in an interconnected world.

We warmly welcome you to the JCU community where our dedicated staff, student mentors, and the wider university community are here to support you as you embark on this

new journey. We are committed to helping you achieve your academic aspirations while studying and your professional goals as you prepare to graduate.

Wishing you every success in your studies and future endeavours in 2024.

**Professor Simon Biggs**  
Vice Chancellor and President



This orientation program is tailored specifically to students enrolled in JCU NOW. Since it is tailored to your specific needs, information will be released as you need it, to ease you into university life and avoid you getting overwhelmed. Orientation gives you the information, contacts and campus knowledge you need to be successful in your studies. It can also be a great opportunity to connect with other students in the program and set up a network of peers to help you through your course.

**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.*

*JCU Cairns, Smithfield campus has been named Nguma-bada, which means belonging to tomorrow: "Place for tomorrow's learning, knowledge and wisdom" from the Yirrgay (Yirrganydji) coastal dialect of Djabugay.*

*JCU Townsville, Douglas campus has been named Bebegu Yumba, which means "Place of Learning" in the Birri-Gubba 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. The Student Centre will contact you once it is ready to collect. For full instructions, go to [jcu.edu.au/student-id-card](http://jcu.edu.au/student-id-card).

## 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** - [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 [jcu.edu.au/new-students](http://jcu.edu.au/new-students) to finalise your JCU enrolment. You can also freecall 1800 943 499, email [hello@jcu.edu.au](mailto:hello@jcu.edu.au), or drop into the Student Centre on campus, 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.

## Helpful videos

The videos below have information that may help you get started. **Student Essentials** – gives an overview of everything you need to know to get started and how student services can help.

## LearnJCU videos

Each of these short videos gives you an overview of how to navigate **LearnJCU**, the main learning platform you will use.

**How to Access LearnJCU**

**Navigating LearnJCU**

**Navigating a subject in LearnJCU**

## Keys to academic success

These two videos cover information on the two main resources you will use during your studies The learning center and the library.

**Part 1 – The Learning Centre**

**Part 2 – Library Information Services**

## GetReady4Uni - Orientation Online

GetReady4Uni is JCU's online Orientation program designed to assist you to transition successfully to university.

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

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



# Short Courses, Workshops and Online Modules

JCU offers a range of FREE short courses, workshops and online modules during and after O Week.

## 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.

### How to Manage Your Readings: Q&A

Meet and talk with experienced students about what is involved in reading at university. Discuss new ways to save time and how to become an active reader.

For more information and registration details, please visit: [jcu.edu.au/learning-centre](http://jcu.edu.au/learning-centre) and click on 'Short Courses and Workshops'.

## JCU Library

### 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.

For more information and registration details, please visit: [jcu.edu.au/library/learn/workshops](http://jcu.edu.au/library/learn/workshops)



### Access online sessions

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

For information on how to access and setup Collaborate on your device, go to [jcu.edu.au/getready4uni](http://jcu.edu.au/getready4uni) and click on the Orientation Week module.

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

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

Go to [jcu.edu.au/learning-centre](http://jcu.edu.au/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.

# Cairns Nguma-bada Campus



# Townsville Bebegu Yumba Campus



Legend	
	Sportsfields
	River
	Campus Buildings
	Buildings Not in use
	Campus Carparks
	Free Parking
	Free Parking (with VPermit)
	ATM Machine
	Food and Beverage
	Bus Stop

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## Contact Us

For any JCU NOW questions, please contact us on freecall 1800 943 499 or email [hello@jcu.edu.au](mailto:hello@jcu.edu.au)

Ask Us

Your questions answered

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 [James Cook University](https://www.linkedin.com/company/james-cook-university)

 [@jcu](https://twitter.com/jcu)

 [James Cook University](https://www.youtube.com/channel/UCJm3l3u3u3u3u3u3u3u3u3u)

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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.



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