



# TIPS

## FOR SEEKING SUPPORT

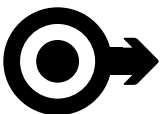
### WHY?

Throughout your university experience, you may encounter certain difficulties that can affect your academic performance. At ECU, we have a range of university student services that can address your concerns and get you back on track with your studies. Additionally, we also provide a range of services that can optimise your time as a student, whilst preparing you for the workforce. The university experience may be new to you and there is lots of support to help you thrive and succeed, there is never any shame in asking for help.

### BENEFITS OF SEEKING SUPPORT:



- Exposes you to a diverse range of helpful university services



- Creates a clearer direction of your career path



- Relief from expressing and overcoming any of your concerns



- Become more efficient with your studies. I.e. Using EndNote as a handy reference tool to save time on assignments.



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## HOW?

### **Student Central:**

This is your first stop for enquiries you may have regarding a range of issues such as locating your lecture theatre or other teaching rooms on campus, checking your enrolment or academic progress and making on campus payments.

If they can't service your specific enquiry there, they can certainly refer you to the right place.

- Mount Lawley Campus - **Building 3**
- Joondalup Campus - **Building 34**
- South West - **Building 1**

### **Student Connect:**

Student Connect Officers offer ongoing coordinated support to any student who may desire it. This involves assisting students negotiating university life and offering one-on-one appointments for the development of action plans designed to assist students achieve success in their studies at ECU. Student Connect Officers are located at Student Central buildings (see above) at the Joondalup and Mount Lawley campuses or by phone for students who can not make it to one of these campuses. You will need to make an appointment by phoning 134 328 and ask to be connected to the Student Connect Officer.

### **Careers & Leadership**

**Services:** <http://intranet.ecu.edu.au/student/support/careers-and-leadership-services>. ECU Careers and Leadership Services provide free resources, professional career advice and job search support to all current ECU students. Their services can help you develop the skills you need to find employment and work experience while studying, and can also assist you in planning your transition from university to working life. Please call 6304 589 or email [careers@ecu.edu.au](mailto:careers@ecu.edu.au) to find out more.

**Counselling Service:** <http://intranet.ecu.edu.au/student/support/counselling>

The Counselling Service can help to address any academic and personal issues that affect your studies. It is a professional, confidential service available to all students free of charge on a short-term basis. You can talk to a counsellor about anything that is causing you to feel worried or distressed. Some of the common difficulties that students can face include balancing study, life and work. Please call 9370 6706 to find out more.

**Family and Friends:** Your parents, family and friends all want you to succeed with your studies and remain happy and healthy while doing so. If you are feeling overwhelmed don't be afraid of asking for help.

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