TIPS FOR MATURE AGE STUDENTS

Support Network:
As generally mature age students spend less time on campus, we encourage you to develop a network of fellow students who can support you and enhance your enjoyment of university life.
Share coffee, work together, and attend tutorials. Attend Faculty welcomes and activities. If appropriate make a list of fellow students’ contact numbers.

Explore:
This is more achievable in the early weeks of semester.
Contact the ANU Students Association; they produce the Student Survival Guide or the “Little Black Book”, with important information about where to find just about anything from catching the bus to student medical services. Keep an eye on Faculty notice boards and Web Pages.
Check out meeting/eating places. Locate your Faculty office. Find a place in a library where you feel comfortable re study.

Time Management:
Develop a weekly planner for work that needs to be done every week.
Involve your family or partner in this process.

Embrace Technology:
Computer technology is used extensively for teaching, communication and research. For skills update or familiarization with the system contact http://information.anu.edu or ANU Info place at http://doihelpdesk.anu.edu.au. Individual consultants are available to help.

Realist Academic Performance Goals:
Be realistic regarding your academic performance and acknowledge that it may take some time to reconnect with academic skills and expectations.

Communicate with Academic Staff:
Know the rules of your Faculty re academic progress and consult handbooks and Web Pages. We encourage all students to approach teachers sooner rather than later concerning any difficulties you may be having with your work.

Reward Yourself:
Celebrate your achievements with family and friends.

Know Where to Get Help.

*Acknowledgement: Adapted from the University of Melbourne Student Services.
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Telephone (02) 6125 2442; Fax (02) 6125 2242; Email: Counselling.Centre@anu.edu.au
Web: http://counselling.anu.edu.au/
Explore the Students and Academic Skills Web Page at ANU. All student services and useful links can be found at http://www.anu.edu.au/sas/