

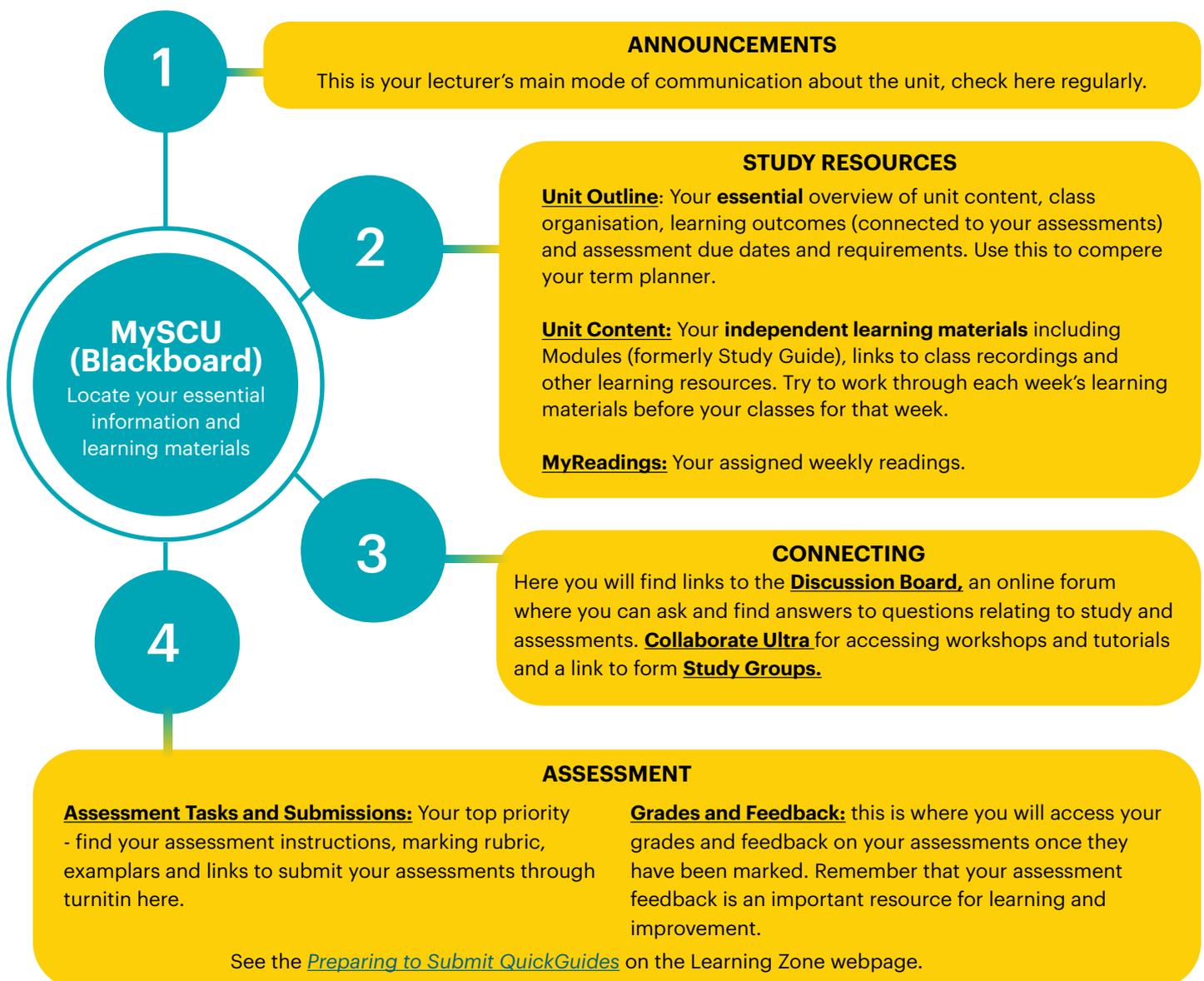
## Tips on getting started at university

The key to a successful and stress free university experience is to make sure you know how to access your learning materials, how to manage your time effectively, and how to access support.

Ideally, you should be clear on this before the term commences.

### 1. Find the information and materials you need for study and assessments.

[MySCU Portal](#) is your online learning dashboard, linking you to your essential information sites and services, including the **learning site** for each unit you are enrolled in. Your lecturers will communicate with you via your learning sites and this is where you will find all **learning materials and assessment details** required to complete each unit.



## 2. Manage Your Time

A realistic time management plan can help you to complete your assessments on time and without stress. It can also help ensure you are aware of and able to meet weekly study expectations.

### Term planners

Use a term planner (see the Getting Started at SCU QuickGuide [Term planner – Assessments](#)) to organise your assessments. Plot task details, due dates, start dates and edit dates for all assessment tasks across all units for each term.

The process of completing a term planner can also help you understand what you will be learning and assessed on in each unit and help you prepare early to complete assessment tasks well. You can use workshop and tutorial time, or the Discussion Board to find out more about assessment tasks and to clarify what is expected. Never be afraid to ask.

### Weekly Planner

Use a weekly planner (see the Getting Started at SCU QuickGuide [Weekly planner – Study](#)) to help you map out and allocate time for fixed commitments (i.e.: workshops, tutorials, work and family commitments) and independent study tasks (i.e.: working through weekly modules, readings and assessment preparation).

If you are enrolled in a term, it is recommended that you allocate at least 20 per hours per week for each unit. Try to plot your tasks for each unit around your fixed commitments for that unit.

## 3. Learn about academic integrity and referencing

One of the key requirements of writing at university is that arguments, ideas and analyses are supported with reliable sources of information, and that these sources of information are acknowledged. This is referred to as academic integrity and is demonstrated through accurate referencing. All SCU students are required to learn about academic integrity by completing the mandatory Academic Integrity Module, accessed through learning sites while enrolled in a first term. Students are also required to learn and use the preferred referencing style for each unit as outlined in the SCU [Referencing LibGuides](#).

## 4. Make use of services to overcome stress

Starting university can be a significant time of change and it is not unusual to feel overwhelmed or stressed, especially during the first part of your first term of study.

There are many support services and resources at university to help you beat the stress. Visit your learning site for links to academic support, mentors, counselling, the gym, and much more. Remember, if you are feeling stressed, seek help early.

See [Services and Support for SCU Students](#) for links to services that can support you with your learning and your wellbeing.

Check the [SCU Learning Zone](#) for more related Quick Guides