

We're here to help.

Building Resilience and Succeeding

You have enrolled at university and may be wondering what to expect and how you will cope with the demands of study, as well as balancing all the other things you do. While it is important to develop good study habits (and actually attend lectures) there are other things that can help. We have developed the following tips which will help build your ability to cope when things get tough. Resilience is about developing the skills and attributes that help you bounce back from problems and the ability to identify, assess and respond to a potential problem to prevent it from becoming a crisis. These are the things you need to do right from the start, so they are in place and consolidated when you need them.

We have called the tips 'Take time to ...' because they don't automatically happen without some conscious effort and planning. Good luck, work hard and you will succeed.

TAKE TIME TO ...

Be connected

Universities are fun and dynamic places but sometimes it seems as though you are the only one not involved. There are lots of people in lectures and it takes time to build relationships in tutorials. The best way to feel comfortable on campus is by doing something you enjoy, or that you think you might enjoy. Check out the Clubs and Societies, join study groups, talk to the person next to you, ask someone if they want a cup of coffee or participate in UGrow – see the website for details www.firstyear.utas.edu.au/ugrow.html

Also know what supports are offered at uni. Go on a library tour (take more than one if you need to), become familiar with the eStudentCentre and MyLO, find out about the PASS (Peer Assisted Study Support) programs offered for your courses and access CALT (Centre for the Advancement of Learning and Teaching) for assistance with your individual study. The Support and Equity Unit also offer a range of services for students (check the website for details).

Keep Active

Your mind will be stimulated and challenged whilst studying, but what about the rest of you? It can be too easy to spend too much time sitting at the computer or reading for that tutorial or assignment. The challenge is to keep your body moving which will help your mind stay focused. It doesn't have to be organised exercise sessions or a 5km run before breakfast. Activity happens all the time but sometimes we need to jazz it up a bit. Put on some music when you vacuum and really put some energy into it, walk up those stairs rather than take the lift or take the long way to your next class by parking your car further away and having a mini power walk. All of these add up and you will feel the benefits of getting fresh air and moving your body.

Talk to others

There are times when we can get stuck in particular thought patterns that might not be particularly helpful, but if you keep them to yourself you might think they are the only ways of thinking. Talking can put things in perspective. It doesn't matter what you think – others will also have those thoughts, worries and concerns. What is important is talking to others and sharing your feelings. Friends and family are a good source of support and can be there to listen but sometimes they are not around, are not sure of the advice to give, or don't quite understand where you are coming from. In these situations there are a number of options including:

- Make an appointment to see one of the counsellors at Support and Equity (the counsellors are qualified health professionals and the sessions are free and confidential). You can make an appointment by phoning 1800 817 675.
- beyondblue – 1300 224 636 or www.beyondblue.org.au
- Lifeline – 24 hrs Ph: 13 1114
- Mental Health Services Helpline Ph: 1800 332 388
- GP – your GP can refer you to an external psychologist. These sessions may be funded by Medicare (you may need to pay a small gap fee depending on the individual psychologist).

Relax

There are times during semester which are very stressful. You will probably have a number of assignments due in the same week, the pressures of balancing study/work/relationships, your car or computer might break down and you feel overwhelmed. It is important to develop good time management skills and plan your days, weeks and months. Use a diary, a weekly planner and a yearly planner. Identify the things you cannot go without (work, attending lectures, looking after family) and put them into a weekly planner. It is also important to find time for you. Spend time with a friend, watch a

movie, learn a relaxation technique (this is an active process not just sitting in front of the television). Be proactive in having 'me' time to help balance the other demands. For more information, refer to the Time Management fact sheet – get your copy from Support and Equity or download a copy from the web at www.support-equity.utas.edu.au/factsheets

Eat well

While this sounds simple, it can be one of the hardest to actually put into action. Maintaining a healthy eating pattern, particularly during times of stress, can seem like too much effort on top of everything else you need to get finished. It's easier to grab something quick and hassle free, but this can have negative consequences. High carb, high fat foods can slow your thinking and make you feel sluggish (not what you need when you need to be at your best). Find simple and nutritious recipes which suit your tastes and practice making them. They will then become easier and won't be too much hassle when time is limited. Cook in bulk and freeze the rest in single serve containers. When studying with friends ask everyone to bring some part of the meal and share the load.

and achieve
your goals.