There might be times during your life at university where you could benefit from some extra support or assistance. UNSW offers a range of support services and development opportunities that can help you with academic or personal matters, assist you to achieve your academic best, and make the most of your time at UNSW. Explore the options here or bookmark this page for later use.

**Peer Mentoring @ UNSW**

Would you like to meet new people and benefit from the knowledge and experience of trained mentors who are senior students? If so, join Peer Mentoring @ UNSW! Mentors know how it feels being a new student and can help you navigate those first few crucial weeks of semester.

**Student Development**

Student Development provides a range of co-curricular opportunities to enable UNSW students to develop professional skills, build competencies, leadership capacity, and a sense of community. Opportunities include the UNSW Leadership Program, a development program building leadership capacity, The Cultural Mentoring Program, a volunteering program focusing on assisting commencing International students adjust to life at UNSW and the Skill Development Program, a program of student-led volunteering teams managing a range of projects and events, developing a range of employability skills.
**Academic support**

**The Learning Centre**

The Learning Centre supports students with the development of their academic skills. The Learning Centre can help you adjust to academic culture, new approaches to learning and teaching and offers a range of learning and language assistance programs.

**Educational Support Advisors**

Educational Support Advisors work with all students to promote the development of skills needed to succeed at university, whilst also providing personal support throughout the process.

They are available to help students with self management and study related matters including:

- Support and advocacy on wellbeing related matters such as financial, tenancy, drug and alcohol concerns, access to legal services, and much more
- Strategies to work out how students can get the best from their studies, develop better study habits, and work out ways to improve their academic performance
- Support with university processes such as special consideration applications, grade appeals, course variation or withdrawal
- Talk through any concerns you may be having about a friend or family member - these worries can greatly affect your academic life

Even if you are not entirely sure that something is wrong, you can still see an advisor to talk through your situation!

Get more information or make an appointment

**NavigateMe - online tool**

Navigate your study, personal and uni life through the NavigateMe online tool.

NavigateMe will guide you through a series of questions on key aspects of your studies and university life. The tool links to information, resources and support services within Faculties and across UNSW services.

Your responses create a personalised Action Plan that can be printed or emailed before a face to face meeting with a UNSW advisor. The plan can also be used as a guide you can refer to during semester.

You can redo NavigateMe as many times as you need to during your studies at UNSW. It offers immediate help, is easy to access, free and quick to complete. NavigateMe is confidential and available 24/7.

For more information and to create your personalised Action Plan in 3 simple steps visit: navigateme.unsw.edu.au

**Careers & Employment**

UNSW is committed to helping you succeed well beyond the classroom and translating your skills into the workforce. Our Careers and Employment service can help you find employment, both during and after university. Here you can find resources to help you develop your career and link you with potential employers.

**Enrolment support**

Student Central is the enquiry and service centre for UNSW's central administrative processes. Here you can access the information and services you will require to successfully navigate your way through your UNSW life, from enrolment through to graduation.

They can assist with student enquiries from all campuses - though they may need to refer you to your specific campus
Health and wellbeing support

Individual Counselling

Counselling and Psychological Services (CAPS) assist students to make the most of their university experiences.

CAPS provides free and confidential counselling, workshops and seminars for skills development and self-help resources that promote wellbeing and adjustment to university life.

Disability Services

If you are trying to manage the demands of university as well as a health condition, learning disability or have personal circumstances that are having an impact on your studies, Disability Services may be able to provide you with assistance. If you want to receive support during your time at university for your disability needs then you will need to register with Disability Services.

University Health Services

Doctors are located on campus to provide a quality health service to the students, staff & visitors of UNSW. Students are their priority and all UNSW doctors, nurses and administration staff are non-judgemental and have a special interest in youth health. The UNSW health service is located on the Ground Floor, East Quadrangle Building, Kensington campus. Make an appointment by phone, online or by walking in and asking at reception.

Free eye checks for UNSW students!

The UNSW Optometry Clinic offers comprehensive eye examinations in addition to a variety of specialist clinics. These facilities are available to UNSW staff, students and the general public, in most cases at no charge. As well as providing excellence in eye care, the clinic is a teaching facility used for educating undergraduate and postgraduate optometry students. Download the Optometry brochure for more information.

Online safety and wellbeing tutorial

At UNSW we place a big emphasis on providing resources and services that help you do your bit and take responsibility for your own safety and wellbeing.

The Online Safety and Wellbeing Tutorial available to all commencing students covers a lot of important information and it's fun!

Religious Centre

The Religious Centre is provided for all UNSW students and staff and is located on the Kensington campus on the third floor of the Squarehouse.

The Centre is attended by Anglican, Buddhist, Catholic, Coptic Orthodox, Islamic, Jewish, Greek Orthodox, Pentecostal,
International student support

If you are an international student then Student Development International has a range of services available to you, from the time you arrive through to your graduation. These programs and activities are aimed at creating a student experience that is personally inspiring and culturally enriching for students visiting from overseas. Click here for more information on international student support at UNSW.