Step 6: Settling in

Figuring Out First Year

Equipping you with the essentials to thrive at UNSW

Starting university is exciting but can also feel unfamiliar, so it is normal for it to take some time for you to really settle in. You can make the best possible start to your university career by being prepared, feeling confident and knowing what to expect. Come along to the Figuring Out First Year series and get to know some of the programs, opportunities and support services available to you!

**When:** Week 1, Tuesday 18th and Wednesday 19th February 2020

**Where:** Michael Crouch Innovation Centre (Hilmer Building, E10)

TUESDAY 18th FEBRUARY - REGISTER FOR SESSIONS BELOW!

10.00am - 11.00am: How is Uni Different to School?
Find out what is expected of you as a university student, and what you will be required to do differently from school

11.00am - 12:00pm: Creating your Career for First Years
Find out what employers are looking for and how you can get a head start in creating your career

12:00pm - 1:00pm: Academic Success for First-Year Students
Hear from Academic Language & Learning Facilitators about what they wish they had known when starting out

1:00pm - 2:00pm: How to Impress at Employer Events
Learn how to impress employers at the Expo! Get the inside edge on how to present yourself most effectively when meeting employers

2:00pm - 3:00pm: 2020 Ready - Achieving Peak Performance
Did you know there is a strong relationship between wellbeing and performance? Come along to this workshop where you will learn simple tips to boost your wellbeing

3:00pm - 4:00pm: Navigating Support
Whether you are having difficulty understanding university processes, understanding your degree, managing your studies or needing mental health support, this workshop can help you navigate UNSW when support is needed

WEDNESDAY 18th FEBRUARY - REGISTER FOR SESSIONS BELOW!

9:30am - 10:00: Learning Abroad and Exchange
Come and hear what Exchange is all about and what other short program opportunities are available to you!

10:00am - 11:00am: Get that Part-Time Job
Learn about job search methods and how Careers and Employment can help you secure your casual or part-time job

11:00am - 12:00pm: Career Success for International Students
Find out what you can do at UNSW to get ahead in the Australian job market

12:00pm - 1:00pm: Wellbeing and Resilience for Postgraduate Students
Learn positive strategies to make smooth transitions - adjusting to a new university, making friends, balancing studies & other commitments, and staying healthy in mind & body

1:00pm - 2:00pm: Maximising your success
Meet a Student Support Advisor who will offer practical strategies to help you stay on top of your studies and get the most out of University

2:00pm - 3:00pm: Culture of Oz: Australian Lifestyle
Find out what Australians eat, wear, believe in and like to do in this informative and interactive workshop

2:00pm - 2:30pm: Mindfulness Workshop
Understand the basic principles of mindfulness, develop a personal meditation practice, and to apply the principles in your daily life

3:00pm - 4:00pm: Managing Financial Success
Learn about financial needs versus wants, spending leaks and how to manage them, understanding how to create a
budget and saving tips

4:00pm - 4:30pm: Disability and Mental Health Support

Hear from the UNSW Disability Champion on how you can communicate with your teachers and peers to achieve a positive experience.