

Regional Study Shortcuts

Academic and Study Skills

Rules of thumb for navigating your course

- For feedback on your progress in a **subject**, contact your **subject coordinator**
- For queries about your **course**, contact your **course admin officer**
- For general study support, **log in** to the Charles Sturt University website and follow the links below.



Course Admin officers:

Faculty of Science and Health Courses: FOSH-Course@csu.edu.au

Faculty of Arts and Education Courses: FOAE-Course@csu.edu.au

Faculty of Business, Justice and Behavioural Studies Courses: FOBJBS-Course@csu.edu.au

Downloadable Tools for organising your study

Scroll down the page that opens with the link below to find some useful downloadable tools to set up your studies including a weekly study planner, session planner, study skills self-assessment and lots more.

<https://www.csu.edu.au/current-students/learning-resources/build-your-skills/academic-skills-help/academic-writing-essays>

Studiosity

A place to get feedback on your writing, before you submit or after. Not on the content, but on the layout, formatting, grammar, punctuation, logical presentation of the concepts, and referencing. This is a great way to know where you need to pick up the standard of your writing. Free access for all Charles Sturt University students.

<https://interact2.csu.edu.au/webapps/stry-studiosity-BB5c1c4db3261aa/explain>

Study Skills free workshops

Covering topics such as effective learning strategies, finding information for assessments, academic writing, referencing, strategies and tips for sitting exams, managing work and study in Covid and more.

<https://www.csu.edu.au/current-students/learning-resources/build-your-skills/workshops-events>

Academic Skills Support

Need to talk direct with someone? Student appointments are available here:

<https://student.csu.edu.au/support-services/appointments/academic-skills>

Regional meetups and skills workshops

We can arrange for Academic Skills staff to run meet-ups/workshops regionally as well

Remote Learning resources



WRSC spaces and resources*

WRSC is part of a joint facility with Goulburn Ovens TAFE on Tone Rd. You may know it as the place with all the equestrian facilities on the southern side of town.

There are 3 video conferencing rooms here from small (1-4 people) to large (80 people) and small meeting rooms to suit 2 to 12 people. These are a good option for attending tutorials or exams where you need strong internet.

The open student commons have Charles Sturt University computers set up for students. Printing is also available. This space has lounges and a basic kitchen with microwave and kettle (byo everything to eat and drink, there is no café). All in all it's a great space to get away from your own four walls, use Charles Sturt University's internet and arrange to meet up with other students.

*Please note Covid has severely restricted our options with these spaces – at the moment the centre is closed to the general public. Access is by appointment only and only under special circumstances. Contact us to see what's possible.

Connecting with other regional students

Please let us know if you are interested in connecting with other regional students, either doing the same course or in your local area. We can organise an online session for you to meet each other and chat about your studies, online uni life and other student stuff! Contact Anne at WRSC astelling@csu.edu.au

Charles Sturt University Online learning support

- Diane Middleton - Diane has a passion for helping non-traditional students achieve their educational goals, combined with a sound understanding of the online student experience. Phone: 1800 275 278
- Catherine Lockley - Catherine has a deep knowledge of online learning combined with the lived experience of juggling diverse work, study, family and community outreach commitments. Phone: 1800 275 278
- Contact a Student Liaison officer for help with online study at deoutreach@csu.edu.au
- Studying online workshops: <https://student.csu.edu.au/student-life/workshops-events>

Charles Sturt University Café Connect

Online meetup space. Drop in to connect and share with your fellow students and Charles Sturt University support staff: <https://student.csu.edu.au/student-life/workshops-events>

Café Connect is running on Tuesdays at 12.30pm and Thursdays at 5.30pm. There will be Academic Skills staff there, but also library staff and other team members from student skills and engagement

Mental Health and Wellbeing

Free Counselling for students

On top of the challenges of studying remotely, the COVID-19 pandemic is having a significant impact on students lives. If you're feeling the strain, please reach out to our counselling team, who can provide options to seek information, advice and counselling support. They are a fantastic, free and confidential resource for all students. Just complete and submit this [online form](#) and they will get back to you.



If you are requiring urgent support, don't forget the Charles Sturt University After-Hours Crisis Support Line is available weeknights (5pm to 9am) and 24/7 on weekends and public holidays. We also have a Mental Health and Wellbeing Support Line available 9am to 5pm daily. Both lines are available by phone or text:

- Telephone 1300 572 516
- Text 0480 087 002

Call or text these services for help to find immediate relief from emotional distress, explore coping strategies for current problems or a crisis, and manage safety concerns.

Financial Advice

If you are having trouble making ends meet, Charles Sturt University financial advisors can help <https://www.csu.edu.au/current-students/fees/financial-advice/financial-help>

Contact us:

Wangaratta Regional Study Centre
Charles Sturt University
218 Tone Rd, Wangaratta, VIC 3677
or PO Box 237, Wangaratta VIC 3676

wangaratta@csu.edu.au