



# Welcome to James Cook University

As a parent of two daughters who are completing their university studies, I understand the range of emotions that parents and partners of first-time university students can experience. This guide will provide you with information about JCU, the services and support available to students and how you can help your child or partner succeed in their study goals.

JCU offers a comprehensive range of degrees and is well positioned in the top 2% of the world's universities\*. JCU has also retained its five-star rating for full-time graduate employment, for the twelfth year in a row, in the Good Universities Guide 2023. This is the best-sustained performance of any university in Queensland and means that your child or partner can be confident that their choice to study at JCU will set them up for success.

JCU is dedicated to creating a brighter future for life in the tropics locally and world-wide through graduates and discoveries that make a difference. I am proud of the support we offer to students to allow them to achieve their potential and encourage them to take advantage of the range of services available.

As a parent or partner, you are a valuable part of our students' support network and I am delighted to welcome you to the JCU community.



# Transition into university

## Academic responsibilities

The first weeks are exciting and busy. There is so much for new students to see, learn and remember, but there is also support to help students succeed.

University will be a very different environment for those coming from school or workplace background. Tertiary students are adult learners and are expected to manage their study responsibilities accordingly.

## Time management

Student support services agree that the key to success at uni is being organised and managing time effectively. JCU recommends students to allocate a minimum of 10–12 hours per week for each subject. Around 20% of their time will be spent attending face-to-face classes/webinars and the other 75% will involve independent study.

Self-directed study will include academic reading, reviewing notes, completing tutorial exercises, group study, as well as assignment and exam preparation. For a full-time student studying three or four subjects, it is a significant time commitment (36-48 hours/week).

A weekly planner and a subject assessment planner are simple tools to manage time. Students can download these templates from The Learning Centre site. It is also helpful for students to share their planners with the household, so there is a shared understanding of commitments.

## Emotional roller coaster

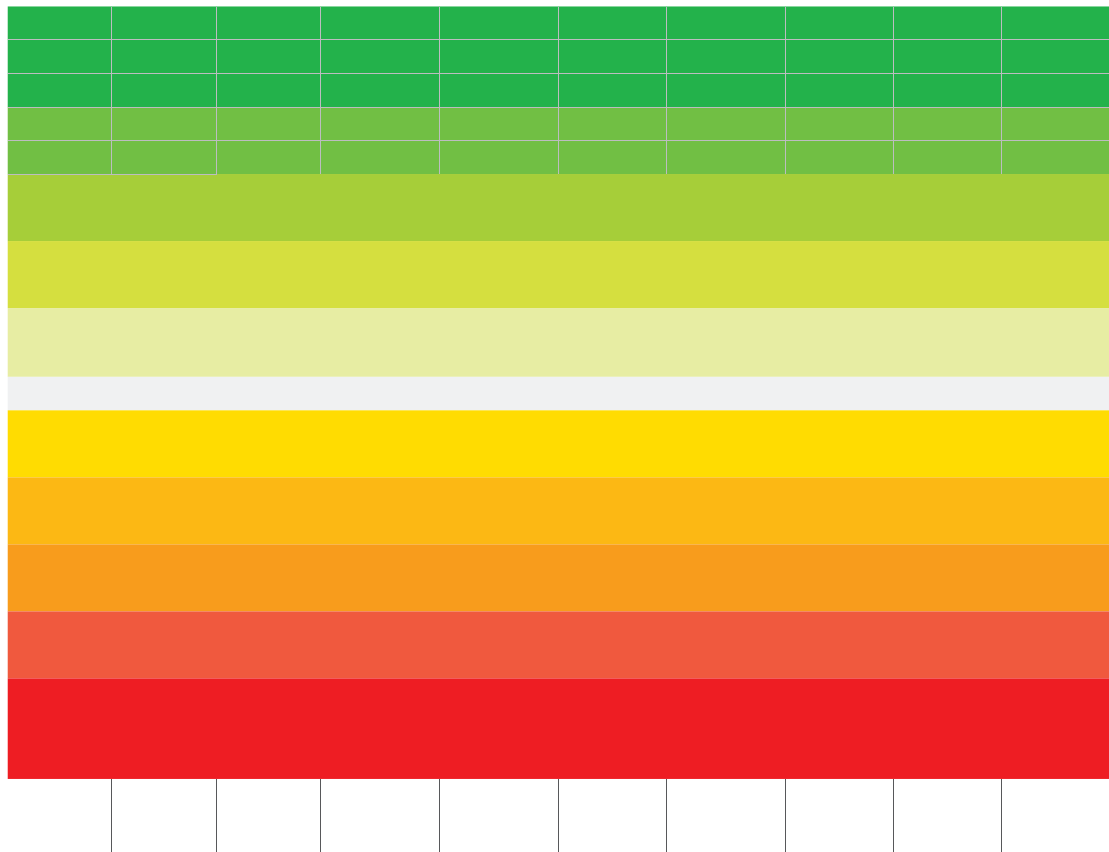
Students can experience a wide range of feelings and moods as they progress through university. Parents and partners often experience the highs and lows alongside them. If you get to know the important dates, you can be ready for those times when extra support may be needed.

In the first weeks, students are typically happy, nervous and excited to be starting at university, and take pleasure in all the new experiences. However, within a few weeks the realities of their workload may hit home and they may feel stressed as they juggle study, work, social life and family commitments.

Around Week 5, after their first assignments are completed and feedback is received, students should access staff assistance in the areas where they need additional knowledge or support in order to succeed.

In the second half of the study period, there will be a rush of final assessments due and preparation for exams. This is a time when students can feel the intense pressure of competing deadlines and the need to revise for exams. Students commonly feel anxious around assessment periods, as shown in the graphic below.

By the end of the first teaching period, students should be gaining confidence in their academic abilities. Students who can plan for the busy times, ask for help when they need it, and maintain a balanced and healthy life will increase their chances of success and be more likely to continue their studies.



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High School


Edison  
Ethan Moody Humphrey,









## • Fees and charges

It is important to be aware of the fees and charges your student is responsible for, and if they can defer payment-



**P**

Encourage your student to attend all classes



**P**

Meeting new people – students, academics and other JCU staff – will help your student develop valuable support networks and a sense of belonging. These contacts can be helpful when challenges arise.



**M**

It is common for students to worry about making new friends, the difficulty of their course, or their ability to get everything done and succeed. Providing a positive, encouraging outlook can be really helpful to support students through challenging periods.



**B**

There are times in the academic calendar when students really need to devote more time to their studies, especially during pressure points when assignments are due and during exam periods. You can assist by trying to arrange family holidays and gatherings to coincide with 'quiet' times in the academic year, so students don't have to miss out on important events.



**T**

Even high-achieving students can face challenges: forming new social networks, financial pressures, maintaining health and wellbeing, becoming independent learners or relocating. Success at university involves maintaining a balance between academic study and personal wellbeing. Encourage a healthy routine with regular study breaks, sleep, exercise and healthy eating.



# Contact us

Ask Us

Your questions answered

