



Studying can be really exciting – maybe this is your chance to study something you are really interested in; embark on a new career or maybe you are enjoying meeting a diverse group of people or getting involved in activities.

Tertiary study can also be really stressful... assignments, exams, balancing academic demands with work and life....

Most students find that when they are not feeling on top of things, they don't perform as well they want to and as well as they can.

The desk is here to help you. You can think of it as a toolbox that you can come to whenever you need some more tools to deal with the common issues students typically find get in the way of success, like stress, procrastination, feeling down, relationship issues, or managing worries.

There is also the Coffee House to hang out in; share your own art, music and recipes with the online student community or participate in the online forum.

If you need any more help, go to Get Help for details of community supports.

Not sure where to start - why not take a quiz? You will get personalized feedback and some recommended modules.