<table>
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<tr>
<th>This month</th>
<th>I may experience...</th>
<th>I can improve my well-being by...</th>
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| March     | - Some culture shock, feeling overwhelmed – this isn’t high school anymore!  
- Financial pressure – tuition, books, university events, social events.  
- Decisions around course/timetable changes - last chance to withdraw without paying fees.  
- Exposure to people from diverse backgrounds and cultures, questioning of values and beliefs.  
- Much more freedom than high school! | - Being willing to ask for help when I need it from my family, friends, tutors or the Learning Centre.  
- Learning about other supports available to me from Student Support Services:  
  - Counselling & Psychological Services (CAPS)  
  - Disability Services  
  - Accommodation Services  
  - Financial Assistance & Scholarships  
  - Careers Services |
| April     | - Friendship/relationship issues, particularly with pre-university relationships.  
- First round of assignments given out.  
- More engagement in university social activities e.g. Revue, Sport Clubs  
- Mid-Semester Break. | - Trying out new groups and interests. Remember that it takes time and perseverance to make new friends.  
- Trying to balance work and fun.  
- Check out CAPS Workshops and eBooks for tips on everything from Time Management to Building Confidence. |
| May       | - First marks returned with feedback on performance - distress if not what was expected.  
- Assignments due - staying up all night. | - Reminding myself to be realistic about what I can accomplish - be kind to myself!  
- Talking to my tutor about why I got the mark I did, and how I can improve next time.  
- Asking for practical support when I need it.  
- Trying to make sure that I get at least 8 hours of sleep per night and eat 3 meals/day. |
| June      | - Worry around upcoming exams - procrastination.  
- Self questioning - “Do I really belong here?”  
- Stuvac - Intensive study  
- Exams | - Trying to identify the tasks I need to do for study and exams, then breaking these down into manageable steps.  
- Creating a study plan around the times I’m most productive.  
- Remembering to take study breaks.  
- Taking time to reward yourself for all your hard work after exams are done! |

Visit the University of Sydney CAPS website for more information sydney.edu.au/counselling
## This month...

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| **July**    | • Holidays - Life becomes social again!  
• Winter School  
• First semester **grades released** - stress | • Making **time to relax** during the holidays - but trying not to get too lost in the partying.  
• Reflecting on what I can learn about managing life at uni from the last semester.  
• Reviewing my **values/goals** and thinking about what has changed since I started uni.  
• Being open to the idea of changing Degree or withdrawing if I’m not in the right course for me. |
| **August**  | • **Celebrating successes** and/or coping with the impact of any disappointment/failure in 1st Semester subjects.  
• Thoughts about changing Degrees/Majors - last chance to withdraw without paying fees  
• More engagement in university social activities e.g. Revue, Sport Clubs | • Knowing that failing in Semester 1 will not mean **immediate exclusion** from university.  
• Developing **research and writing skills** through the Learning Centre so that I can improve on my first semester.  
• Checking out **CAPS Workshops** to learn ways to improve/sustain my performance. |
| **September** | • Mid-Semester Break  
• Several **assignments due** | • Trying to make some **changes to my study patterns** based on what worked and didn’t work last semester.  
• Attending a **CAPS Workshop** to learn how to cope with stress and procrastination. |
| **October**  | • Exam preparation - **stress and fatigue** due to high academic pressure | • Remembering the importance of **taking time to relax** and having a good study/life balance. |
| **November** | • Worry around **upcoming exams**.  
• Stuvac - Intensive study  
• Exams | • Trying to **minimise the number of external stressors** e.g.  
  – reducing work hours  
  – cutting back on partying  
  – prioritising extra-curricular activities  
• Ensuring that I have a **calm and quiet** environment in which to study  
• Ensuring that I eat and sleep well before exams |
| **December-February** | • Summer School  
• Possible **sadness around less interaction** with uni friends  
• Stress over finding part-time work  
• **Boredom** after a few months of holidays  
• Collecting next semester’s timetable  
• Looking for housing if moving out of home | • Taking some **time for myself** after exams  
• Making a **plan for the holidays** so that I don’t become bored/unmotivated  
• Arrange accommodation and learning more about suburbs around the university.  
• **Remembering that it’s normal** for me to have anxiety about starting/returning to university. |

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