Open Day 2011
Parents’ Seminar
Acknowledgement of Country
Parents’ Seminar

Welcome

Professor Derrick Armstrong
Deputy Vice-Chancellor (Education) & Registrar
University Support Services

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Head - Counselling and Psychological Services
Welcome to a world of possibilities
Transition to Uni

• Adjusting to a different culture

• Takes time

› Support – friends, family, university resources: first year can include indecision, insecurity, disappointment and mistakes. It can also be full of discovery, inspiration, good times and new people – it’s all part of the new reality

› Be there. Students will often turn to the safety of family when times get tough. Give suggestions, guidance, encourage and nudge.

• All these help students *live better* and feel more courageous
Perseverance in the face of academic difficulty and fear – educationally effective response

Deal with fear by cranking the effort and diligence right up and by collecting themselves by focusing on the tasks at hand.

Parents can boost perseverance by: encourage goal setting, time management and prioritising

Encouraging students to see that mistakes are opportunities for learning

See academic performance in terms of personal progress and improvement

Focusing on personal best goals can be a way of reducing anxiety in competitive educational situations
› Encourage them to find a good time management system. Students spend much less time in class than at HS and are expected to do more coursework outside the classroom. Students also participate in campus activities and many have jobs.

› Prompting them to find a systematic way to juggle all these responsibilities, plan ahead and organise time will be an important skill for them to develop.
Encourage attending class. Showing up is really half the battle because:

- Students learn the material by going to class,
- They learn about their lecturer's style and what this lecturer considers important,
- They learn from other students in the class.
› Encourage them to know their way around campus. To find out what resources are available on campus and to take advantage of those resources.

› Encourage them to talk with a tutor or academic support service, talk to advisors, talk to a counsellor if that would be helpful and take full advantage of all university has to offer.
Encourage early help early. If your student is finding themselves in difficulty – academic, social, personal, financial, prompt them to get help early rather than waiting.

Dealing with a problem early can prevent larger problems later.
Encourage uptake of University resources

› Encourage your student to utilise on campus resources, advisers or support services.

› Your students success is our first priority, we are here to help you
Sources of Assistance

› Faculty and general staff
› Student associations
› Services for Students
› [www.sydney.edu.au/stuserv](http://www.sydney.edu.au/stuserv)
STUDENT SERVICES

To assist you in achieving your educational goals, the University of Sydney provides academic support, employment, financial, and health and welfare services to facilitate your success at University.

Academic support

Academic support services are provided by the University to give students the best possible outcomes in terms of intellectual development and career outcomes.

Employment

Our employment services – the Careers Centre and SydneyTalent - can help you prepare for a career after graduation, and to find a casual job while you’re still studying.

Finances

Managing your finances while studying can be difficult. If you are finding it difficult to cover all your expenses there are various University services that can offer you temporary help.

Health & welfare

The University of Sydney has a wide range of health and welfare services to help students fulfill their academic, individual and social goals.
E-Books

COUNSELLING AND PSYCHOLOGICAL SERVICES (CAPS)

STUDY ISSUES

Learn to...

- Get organised
  Manage your time so that you can study well and enjoy university life.
  View e-book
  Download accessible PDF (543KB)

- Manage procrastination
  Stop delaying and avoiding, deal with the self-talk that drives procrastination.
  View e-book
  Download accessible PDF (397KB)

- Manage perfectionism
  Value excellence and learn how to step back from unhelpful perfectionism.
  View e-book
  Download accessible PDF (442KB)

- Manage exam anxiety
  Manage anxiety so that it doesn’t hijack your performance.
  View e-book
  Download accessible PDF (279KB)

- Speak confidently
  If you dread that upcoming presentation, ease your mind with these tips.
  View e-book
  Download accessible PDF (507KB)
E-Books

Study Issues

Lifestyle Issues

Well-being Concerns
Coping with stress has two major functions:

› Management of the problem
› Regulation of emotion

› Stress and Performance are linked!
  - Some stress is motivating
  - Too much stress decreases performance
Balance & Perspective

› Balance between parental support and pressure to study and achieve

› Life after the HSC

› Student is valued and loved for themselves whatever HSC outcome

› Encouragement

› Parents know how child responds to stress and use this knowledge to assist student in ‘peaking’ at time of exams
Career goals

› Having clear goals assists motivation

› Careers Advisers from the University of Sydney Careers Centre are available today

› Useful website: http://www.myfuture.edu.au/

› Useful book: "What Color Is Your Parachute?"
Study Skills

› Read, Recite, Review

› Recall versus Recognition

› Breaking study into small tasks

› Reward

› Revision

› Dot points for key points

› Exam question practice
Thank you for attending

DO ENCOURAGE STUDENTS TO ATTEND ORIENTATION WEEK 2012
Commonwealth Supported Places & Financial Assistance

David Bowen
Director, Student Centre
Telephone: 8627 8201
What are Commonwealth Supported Places (or HECS places)?

› Commonwealth supported places (previously known as HECS places) are higher education places for which the Australian Government provides funding to universities towards the cost of students’ education. Commonwealth support and HECS-HELP is a Federal Government scheme not a scheme imposed by universities.

› Students enrolled in a Commonwealth supported place are required to contribute towards the cost of their education through a student contribution. This student contribution is payable each semester for the duration of the degree.

› The student contribution is generally around 30% of the actual cost of providing the place.

› The Australian Government sets the maximum student contribution amounts to be charged for units of study.
The Federal Government abolished domestic fee paying places in 2009 and as such, all commencing domestic students are liable for Commonwealth supported places in 2012.

All students who are Australian citizens and permanent humanitarian visa holders are eligible for a HECS-HELP loan, which enables them to defer all or part of their student contribution (HECS) to the tax system.

An alternative is to pay all of their student contribution upfront with a 10% discount, known as a HECS-HELP discount. The current upfront discount is 20% but it is the Government's intention to reduce this to 10%. The Bill to enact this is on the Senate’s agenda.

It is also possible to make a partial up front payment of $500 or more, where a 10% discount is received on the paid amount and a HECS-HECS loan is obtained for the balance of the HECS liability.

Students are able to change their payment option from upfront paying to deferring to the tax system and vice versa at the beginning of each new semester; so you are not locked in at the start of your degree.
Commonwealth Supported Places – Eligibility and Operation

› Permanent residents, who are not holders of a humanitarian visa and New Zealand citizens are not eligible for HECS-HELP and must pay their student contribution upfront without a discount.

› All of the above categories of students are granted a seven year “Student Learning Entitlement” (SLE) by the Government during which they are eligible for Commonwealth Support. After seven years full-time study (or equivalent part-time) they must pay full fees for their course. Note: SLE may be abolished from 2012, pending Government legislation.

› HECS-HELP loans must be repaid to the Australian Government once students are working and their annual salary reaches a $47,196 (approx.) threshold.

› Student Contribution charges and HECS-HELP debts held with the Australian Tax Office are indexed each year on 1 June.
Commonwealth Student Services and Amenities Fee

› The Government may introduce new legislation for 2012 allowing universities to charge a compulsory student services and amenities fee.

› The fee is to be capped at $250 per student per annum and will be indexed annually.

› The Government has also announced the introduction of a loan under the HELP scheme similar to HECS-HELP loans.

› Further details on the fee and the payment options can only be provided once the Commonwealth Government finalises all matters related to this fee.
Student Contribution Charges for 2012

Below are the student contribution bands, charges and the discipline groups which units of study belong to for students commencing in 2012. These student contribution amounts are amounts per annum for a full time load. There are two semesters each year and students are invoiced each semester. Student contributions are calculated at the unit of study (subject) level not at the course level. There is no set price for a BA degree or a Veterinary Science degree since not all units (subjects) in a course of study are necessarily in the same student contribution band.

<table>
<thead>
<tr>
<th>Band</th>
<th>Discipline Group</th>
<th>Deferred (Per annum) Amount – Full Time Load</th>
<th>Upfront - Full-time Load With 10% Discount (Per annum)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Humanities, Social Studies, Behavioural Sciences, Languages, Visual/Performing Arts, Education, Nursing</td>
<td>$5,648</td>
<td>$5,083.2</td>
</tr>
<tr>
<td>2</td>
<td>Computing, Health, Agriculture, Engineering, Surveying, Built Environment</td>
<td>$8,050</td>
<td>$7245</td>
</tr>
<tr>
<td>3</td>
<td>Law, Medicine, Dentistry, Veterinary Science, Accounting, Administration, Commerce and Economics</td>
<td>$9,425</td>
<td>$8,482.50</td>
</tr>
<tr>
<td></td>
<td>National Priorities</td>
<td>$4,520</td>
<td>$4,068</td>
</tr>
</tbody>
</table>
Beyond are examples of the 2012 costs for a typical 6 credit point unit of study from the different student contribution bands: Please note that a full-time load for a student for a year (1 x EFTSL) is 48 credit points.

<table>
<thead>
<tr>
<th>Band</th>
<th>Discipline Group</th>
<th>6 Credit Point Unit of Study Cost – Deferred</th>
<th>6 Credit Point Unit of Study Cost – Upfront with 10% discount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Humanities, Social Studies, Behavioural Sciences, Languages, Visual/Performing Arts, Education, Nursing</td>
<td>$706</td>
<td>$635.40</td>
</tr>
<tr>
<td>2</td>
<td>Computing, Health, Agriculture, Engineering, Surveying, Built Environment</td>
<td>$1,006</td>
<td>$905.40</td>
</tr>
<tr>
<td>3</td>
<td>Law, Medicine, Dentistry, Veterinary Science, Accounting, Administration, Commerce and Economics</td>
<td>$1,178</td>
<td>$1,060.20</td>
</tr>
<tr>
<td>National Priorities</td>
<td>Mathematics, Statistics, Science</td>
<td>$565</td>
<td>$508.50</td>
</tr>
</tbody>
</table>
Student Contributions (HECS) - How they are calculated

The example below is for a generalist course, subject to faculty approval of the unit of study enrolments

*ie Bachelor of Arts, Bachelor of Science, Bachelor of Liberal Arts and Science*

**Semester One**

<table>
<thead>
<tr>
<th>Subject Code/Name</th>
<th>Subject Weight</th>
<th>Student Contribution Band</th>
<th>Cost: Deferred</th>
<th>Cost: Upfront with 10% discount</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECON1001 Introductory Microeconomics</td>
<td>0.125 (6 credit points)</td>
<td>3</td>
<td>$1,178</td>
<td>$1,060.20</td>
</tr>
<tr>
<td>ENGL2650 Reading Poetry</td>
<td>0.125 (6 credit points)</td>
<td>1</td>
<td>$706</td>
<td>$635.40</td>
</tr>
<tr>
<td>PSYC1001 Psychology 1001</td>
<td>0.125 (6 credit points)</td>
<td>1</td>
<td>$706</td>
<td>$635.40</td>
</tr>
<tr>
<td>BIOL1001 Concepts in Biology</td>
<td>0.125 (6 credit points)</td>
<td>National Priority</td>
<td>$565</td>
<td>$508.50</td>
</tr>
<tr>
<td>SLE consumed</td>
<td>0.500 (24 credit points)</td>
<td>TOTAL: $3,155</td>
<td>TOTAL: $2,839.50</td>
<td></td>
</tr>
</tbody>
</table>

**Note:** Australian permanent resident visa holders (excluding humanitarian visa holders) and New Zealand citizens would be required to pay $3,155 upfront as they are not eligible for the 10% discount.
Student Contributions (HECS) - How they are calculated (Cont.)

Semester 2

<table>
<thead>
<tr>
<th>Subject Code/Name</th>
<th>Subject Weight</th>
<th>Student Contribution Band</th>
<th>Cost: Deferred</th>
<th>Cost: Upfront with 20% discount</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECON1002 Introductory Macroeconomics</td>
<td>0.125 (6 credit points)</td>
<td>3</td>
<td>$1,178</td>
<td>$1,060.20</td>
</tr>
<tr>
<td>ENGL1007 Language, Text &amp; Time</td>
<td>0.125 (6 credit points)</td>
<td>1</td>
<td>$706</td>
<td>$635.40</td>
</tr>
<tr>
<td>PSYC1002 Psychology 1002</td>
<td>0.125 (6 credit points)</td>
<td>1</td>
<td>$706</td>
<td>$635.40</td>
</tr>
<tr>
<td>STAT2012 Statistical Tests</td>
<td>0.125 (6 credit points)</td>
<td>National Priority</td>
<td>$565</td>
<td>$508.50</td>
</tr>
<tr>
<td>SLE consumed</td>
<td>0.500 (24 credit points)</td>
<td>TOTAL: $3,155</td>
<td>TOTAL: $2,839.50</td>
<td></td>
</tr>
</tbody>
</table>

Note: Australian permanent resident visa holders (excluding humanitarian visa holders) and New Zealand citizens would be required to pay $3,155 upfront as they are not eligible for the 10% discount.
Commonwealth Government Assistance

› The main form of assistance to students which many of you would be aware of is Youth Allowance available through Centrelink.

› Many high school students receive Youth Allowance and it is available to university students.

› For further information on Youth Allowance call Centrelink on 132 490.

› The Commonwealth Government has indicated that in 2012 it will provide annual scholarships, called Student Start-up Scholarships, in the region of $2,200 for commencing students receiving income support from the Commonwealth ie Youth Allowance, Abstudy.

› In addition, The Commonwealth Government has indicated that in 2012 it will provide Relocation Scholarships of $4,000 in the first year and $1,000 in subsequent years to university students receiving Youth Allowance and Abstudy, who have to live away from the family home.
University Financial Assistance

› Is available for Undergraduate and Postgraduate students enrolled in degree and diploma programs

› Is for essential living and study expenses NOT for Student Contributions (HECS).

› Loans can be up to $2,000 and are repayable usually within one year. They are interest free.

› Includes bursaries which may be awarded as part of a financial assistance package, depending on financial need and academic merit (a credit average or better is required)

› There are two types of bursaries: General and Advertised.

› General bursaries have no application deadline and applications are made in person.

› Advertised bursaries are listed at the beginning of March with applications closing on 30 April and are usually awarded by July.

› Application details are on the Financial Assistance web page.

Contact tel. 9351 2416
Email financial.assistance@sydney.edu.au