



I'M IN ADELAIDE

*Now What Do I Do?
Some strategies for settling into life and
study in a new place*

New challenge

It can be a real challenge to get used to a new course and set up your life in a new place, especially if it's the first time you've lived away from home. Even people who have lived away from home before will have some adapting to do. You're really doing two jobs at once. Both are exciting, but there's a lot to do and think about. Fortunately, there are a lot of people and services in Adelaide who can help, including university support services.

Practical matters

eagerly for the chance to be independent. There are a few things to keep in mind though, as these apply to nearly everyone who moves to a new place to start uni.

Basically, it's about designing your new lifestyle. In school and at home, lots of important parts of your life were just there. Here, you get to choose what you want but it's up to you to put it together.

- When you're at uni it's up to you, no one's going to "keep an eye on you."
- There's a lot here for you but you have to look for it. Go to things, try new possibilities.
- Feeling bored or lonely? You can participate in lots of things, check that Student Diary again, and sign up.
- Have sport and fitness been important parts of your life? Check out the Sports Association.
- You may need some new skills (e.g. budgeting, time management, cooking, essay writing, etc.). Get help if you need it.
- It takes time to put it all together so try to be a bit patient.

Having doubts

Just about everyone will experience some ups and downs during the first few weeks or months. So don't be shocked if it happens to you, it's pretty normal. Things that seemed interestingly different at first may seem annoying. You may make plenty of acquaintances but miss some old friends.

Mostly the 'down' times are pretty temporary and really just a nuisance. Hang in there and you'll probably find that things settle down and suddenly you'll realise that you're feeling quite at home here.

Counselling Support is available to assist students with personal difficulties that are affecting their study.

The service provides:

- Individual counselling by appointment
- Face to face, virtual and phone appointments
- Mental health emergency response

Counselling Support

Ground Floor, Horace Lamb Building

The University of Adelaide

Ph: +61 8 8313 5663

After hours support: 1300 167 654 or sms 0488 884 197