



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

First things first, you need a place to live and an income. If you have any problems with these, start using the campus services available to you. This is your new community, get to know what we can offer you! The Accommodation Service is not just for possible rentals but has information about how to manage landlords and leases, etc. The Union Welfare Service offers great information on youth allowance, Austudy, and much, much more. Look in your Student Diary for lots more useful information about what's available and free around campus.

You also need to feel that your course and enrolment are OK. If you're not sure, look in the Student Diary again and find out who to talk to about it. You can make some changes, even after lectures have started. Your Student Diary is a great guide book to your new 'home'. It's a mine of information on services, activities, contact people, uni rules, etc. Check the A to Z Guide.

Now what?

Well, that will depend on you and what you are used to and what kind of life you want to have here, plus many, many other factors. Some people have been living in small communities all their lives and need some time to adjust to living in a place where they don't recognise nearly every face on the street. Others come from big, busy places and may find Adelaide a bit quiet. Some will really miss family while others have been waiting

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.

But occasionally for all sorts of reasons, it's tougher than that. Important things, anything from relationships to finances, may be going wrong, and it feels pretty overwhelming. The 'down' feels like rock bottom and you can't seem to pull yourself out of it, or it seems like things will never get better. You could feel so stressed you can't think straight, or get to sleep.

If that ever happens to you, get some help. Let someone know you're having a rough time. Maybe you really need to let someone in your family know what's happening, or it may be a good time to go and talk to a counsellor about how to cope with the situation and begin to feel better. Counsellors can also help with the university side of things, if the problems have also affected your studies.

Settling into new life

After a while you will probably find that the new life you designed is actually happening. You may be quite surprised to think back to those first few weeks and weekends which seemed kind of empty. The people you didn't even know at first are now friends.

It takes time but it happens!

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