



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

www.newcastle.edu.au

Thinking of dropping out?

If you are thinking of dropping out it is a good time of semester to stop and reflect on how your study is going.

Did you know that one in four students think about leaving uni and 20% choose this path? If you're thinking of leaving, no problem, it mightn't be the right time or the right course for you. Priorities can change due to work, finances, health or personal reasons.

If you're considering leaving uni then please,

Think & talk before you walk

- Consider what you want to do and why
- Become informed by talking to staff here as well as family/friends
- List your options and the potential consequences
- If you decide to leave, complete all the correct forms online so you can re enrol in the future if you like. To apply for leave of absence go to <http://www.newcastle.edu.au/study/enrolment/index.html> and log in to My hub

Support & advice

- Seek help early
- Go online or to your student hub for administration questions
- Speak to your tutor, lecturer, course coordinator or program convenor about academic matters
- Student support services are here to help you. You can contact the Counselling service to discuss your concerns by phoning 49215 801 or dropping into our office HA209 in the Hunter Building to make an appointment to speak with a counsellor.



A PLACE OF OPPORTUNITY

**There might also be other alternatives you haven't considered.
Did you know that you can:**

Take a short break to get back on track	Take a day off and catch up with friends. Discuss what you are learning with peers in your courses.
Look at your life balance and make some adjustments	What are your priorities at this point? Are you working long paid hours? What other resources and supports can you call on?
Check if you're enrolled in the right program to suit your interests or career needs.	You could talk to a person who has a career in your chosen area of study. Make an appointment to see a careers counsellor. It may be possible to change your program. Go to the careers website at http://www.newcastle.edu.au/service/careers/index.html .
Develop your learning and study skills	Visit the Learning Support Service & check out the resources, programs or book an appointment at http://www.newcastle.edu.au/service/studentssupport/earningsupport.html .
Discuss any concerns or worries and build your stress management skills and resilience.	Contact the Counselling Service on 49215 801 or visit our webpage http://www.newcastle.edu.au/service/counselling/index.html
Talk to your tutor or lecturer	Make contact with your faculty. Discuss with your program convenor the option of doing one or two courses part-time (check this with Centrelink).
Reduce the number of courses you're studying. 30 credit points is still a full-time load unless you're an international student (check your visa requirements with International Student support). http://www.newcastle.edu.au/students/international/student-support/	The HECS census date is the 31 st March. If you withdraw from courses before this date then you won't be charged HECS for them. Check with Centrelink requirements. If you continue with a course you can still withdraw without penalty without receiving a fail grade until the last week of semester (5 th June 2009). If you withdraw from a core or prerequisite course, check your program with your course co coordinator or program convenor.
Apply for Special Circumstances if you experience a crisis or ill health. You can request an extension of time to submit an assessment.	See online forms, speak to your lecturer. http://www.newcastle.edu.au/study/enrolment/specialcircumstances.html
Take a break from study by applying for Leave of Absence	Approach your student HUB for assistance. If this is the first semester of your degree you will need to reapply for admission through UAC. Go to http://www.newcastle.edu.au/study/enrolment/index.html

Where can I get help from others?

You can make an appointment with the University Counselling Service - it is free and confidential.

Phone - 02 492 15801 **Visit** - Find us in the Hunter Building foyer near the Griffith Duncan Theatre