



TIP SHEET FOR SERIOUSLY THINKING OF LEAVING UNI

Settling in to University life can be challenging and may take some time. It is not uncommon for students to think about dropping out or postponing their studies at some time during their uni career.

There are many possible reasons for thinking about changing your study plans:

- you may feel overwhelmed by study commitments,
- your priorities can change, due to work, finances or health
- your personal or family circumstances may change
- you may not like your course

So, if you are thinking of dropping out of uni, you don't have to struggle with the decision on your own! There are many options for you to explore and people you can talk to about your concerns. There could be a wide range of causes as to why you are finding it hard to study. The issues could be academic, financial, personal, short term or long term.

There may be a workable solution, other than dropping out!

Consider the following alternatives:

(More information about each service can be found on the University Web page – enter the name of the service in to the search box)

Circumstance	Alternative
Wrong course for you? The program or course doesn't suit your interests or career needs.	Speak to your Program Convenor or Course Coordinator. You may be able to discuss your options or find a way to make things better. Contact the Careers Service . They may help you make career plans that better suit your needs.
Study problems? Finding it hard to complete your work, need help with study techniques or academic skills, or worried you might not pass your course?	Improve your academic skills with the help of Learning Support . Check out the information about workshops, individual consultations and on line resources. Reducing your load can often make a big difference eg reducing from 4 to 3 courses.
Personal concerns? Family or relationship problems are interfering with study.	Talk through your present situation with a counsellor from the Counselling Service . Counsellors are familiar with the common issues many students face that may affect study such as, adjustment to University life, personal and family difficulties, relationship break ups, bereavement, anxiety and depression. Counsellors can also assist with course-related problems such as examination anxiety, performance worries, procrastination and motivation.

STUDENT
SUPPORT

Feeling stressed? Being uptight interferes with study and your motivation to attend class.	Learn to manage your stress. Speak to a counsellor from the Counselling Service about stress management strategies or check out the Relaxation / Meditation programs the Counselling Service offers.
Financial problems? Money worries or working too many hours and finding it hard to keep up with study.	It is hard to concentrate if you are worrying about money. Contact Loans or Scholarships to find out about scholarships and loans. The Student Loans Scheme provides interest free emergency loans on a short term basis to students who demonstrate genuine need. Consider reducing your study load to three courses or going part time.
Health / Emotional Stress Losing concentration or motivation because of stress or illness?	Contact the University Health Service for an appointment if you have a medical problem that is affecting your study.
Permanent or temporary disability?	Contact the Disability Services for assistance and advice. They can provide a range of specific practical services to support you with your studies.

Once you have identified the underlying causes of your unsettled feelings you will be in a much better position to take action to sort things out. It is important to consider all your options and the possible implications of the decisions you make. If you decide that leaving is still the best option for you right now, talk to someone about the possibility of returning later on. You will need to apply for leave of absence.

So, before you walk, ask yourself: Have you?

- Talked it over with relevant support people and thought through all your options?
- Been to the student Hub and asked for information or advice?
- Talked to academic staff – checked academic regulations, asked your lecturer about reducing your course load?
- Explored applying for Special Circumstances, or applying for Leave of Absence?
- Checked Centrelink or Visa implications?

If leaving is the right decision for you right now, have you?

- Completed a withdrawal form online or applied for Leave of Absence?
- Checked your email accounts?
- Found out how to reapply and the dates for next Semester?
- Asked about fee refunds?
- Ensured your address and contact details are up-to-date?
- Checked results?
- Checked for outstanding fines?
- Informed other relevant agencies such as Centrelink.
- If you are an international student it is essential you contact **International Student Support** so arrangements can be made to change your visa status.