



Australian  
National  
University

# Need Help?

ANU has academic, physical and mental support available.

If you are unsure about when, how or where to access this support, please reach out to the College of Science student services team at [students.cos@anu.edu.au](mailto:students.cos@anu.edu.au).

Our goal is to help you thrive at ANU!

## Academic Support:



### I am confused...

If you don't understand the structure of your program, the Subdeans are always happy to meet with you to discuss your study plan:

[subdean.science@anu.edu.au](mailto:subdean.science@anu.edu.au)



### I would like to change my degree...

The Student Services team can provide advice and are able to assist you through the process.

[students.cos@anu.edu.au](mailto:students.cos@anu.edu.au)



### I don't know what courses to enrol in...

The Subdeans are always happy to meet with you to discuss your study plan: [subdean.science@anu.edu.au](mailto:subdean.science@anu.edu.au)



### I have questions about my course...

Course specific enquiries should be directed to the course convener first. Their contact details can be found on the course wattle page.

<https://wattlecourses.anu.edu.au/>



### **I am sick and have an assessment or exam due...**

<https://www.anu.edu.au/students/program-administration/assessments-exams/extenuating-circumstances-application>



### **My usual way of studying is not working for me...**

This is not unusual. Academic Skills can help you develop the key academic skills and communication strategies that are foundational to all academic activity.

<https://www.anu.edu.au/academic-skills-0>



### **I need to practice speaking in English...**

Consider joining a social conversation group.

<https://www.anu.edu.au/students/academic-skills/events/english-conversation-groups>



### **I am not sure where my degree will take me...**

ANU Career Hub provides current students and new graduates with a range of in-person and online services that can help with career planning and decision making.

<https://www.anu.edu.au/students/careers-opportunities/careers/career-resources/anu-careerhub>

## **Physical and Mental support:**



### **I need to see a doctor...**

ANU Medical provides appointments for students.

<https://www.anu.edu.au/students/contacts/medical-services>



### **I feel anxious or emotional...**

ANU Counselling is here to promote, support and enhance your mental health and wellbeing.

<https://www.anu.edu.au/students/health-safety-wellbeing/getting-help-at-anu/anu-counselling>



### **I have a long-term illness affecting my studies...**

Our ANU Accessibility team can discuss an Education Access Plan.

<https://www.anu.edu.au/students/contacts/accessibility>



### **I don't feel safe...**

ANU Security can assist if you feel unsafe, need someone to walk home with you, or would like to report something on campus.

Phone: 02 6125 2249



### **I need legal advice...**

ANUSA legal service provides free and confidential advice related to tenancy, work, migration, visas and other legal areas.

<https://anusa.com.au/services/legal/>



### **I am not happy where I am living...**

ANU has accommodation advice for on- and off-campus living.

<https://study.anu.edu.au/accommodation>



### **I need help getting food...**

ANUSA has a range of food programs for students including free meals, grocery vouchers and a mutual aid pantry.

<https://anusa.com.au/services/studentmeals/>



### **I need financial assistance...**

ANU has a number of Scholarships available.

<https://study.anu.edu.au/scholarships>

ANUSA can also help with direct financial assistance and referrals to services in the community.

<https://anusa.com.au/welfare/financial/>



### **I find it hard to make friends...**

Consider joining a club or society

<https://anusa.com.au/life/clublist/>

or the Kitchen Garden program.

<https://www.anu.edu.au/students/student-life/student-communities/kitchen-garden-program>



### **I need to practice speaking in English...**

Consider joining a social conversation group.

<https://www.anu.edu.au/students/academic-skills/events/english-conversation-groups>



### **I find it hard to tell my parents...**

The Dean of Students can assist you with preparation for a difficult conversation with your family:

[dean.students@anu.edu.au](mailto:dean.students@anu.edu.au)