

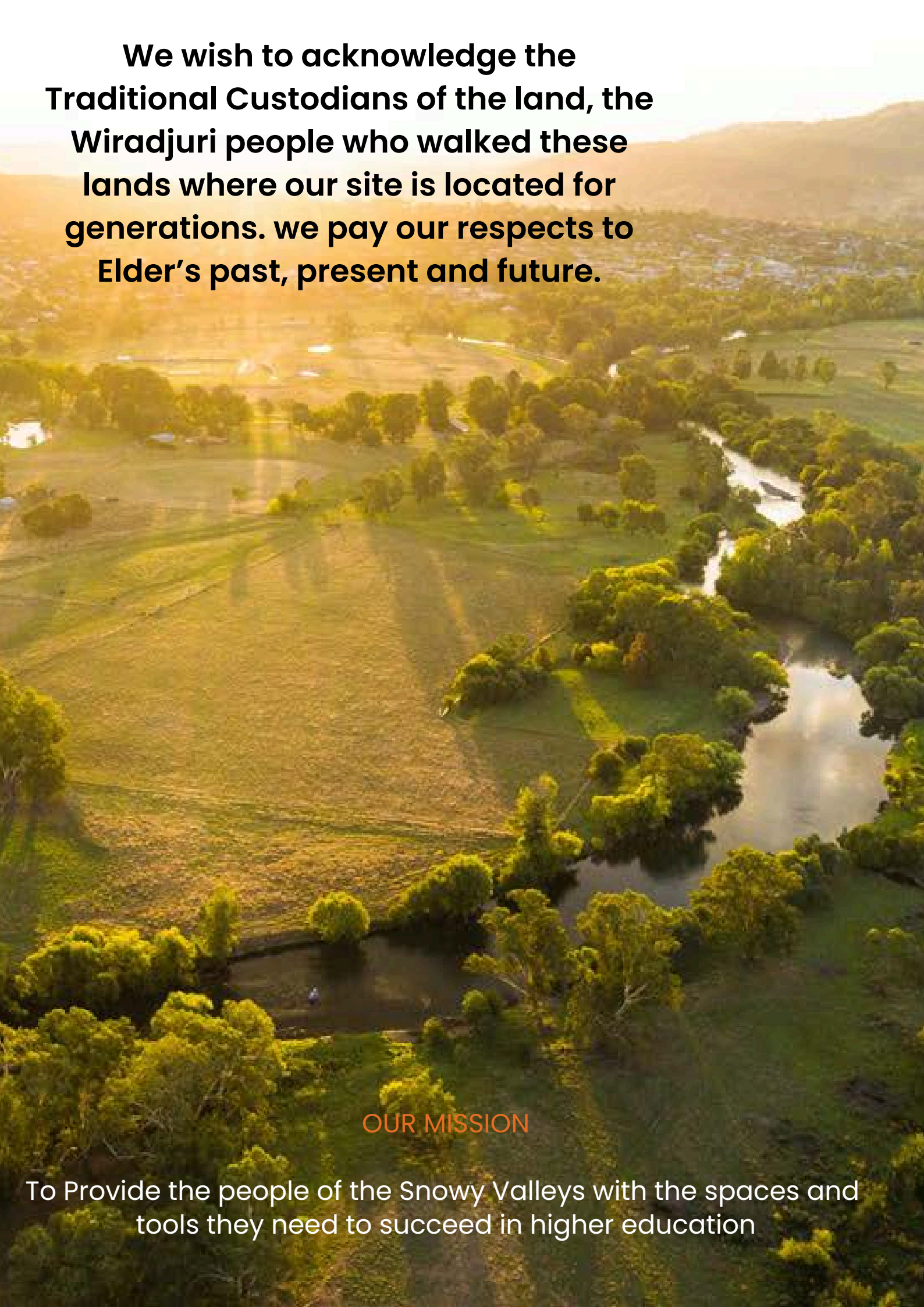


Country
Universities
Centre

SNOWY VALLEYS

20
26

**STUDENT
HANDBOOK**

An aerial photograph of a river winding through a verdant valley. The river is surrounded by dense green trees and vegetation. In the background, rolling hills and mountains are visible under a soft, golden light, suggesting a sunrise or sunset. The overall scene is peaceful and scenic.

**We wish to acknowledge the
Traditional Custodians of the land, the
Wiradjuri people who walked these
lands where our site is located for
generations. we pay our respects to
Elder's past, present and future.**

OUR MISSION

**To Provide the people of the Snowy Valleys with the spaces and
tools they need to succeed in higher education**

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A SNAPSHOT OF OUR CENTRE

The Country Universities Centre (CUC) Snowy Valleys will officially open in 2026. We aim to provide support for higher education students across the Tumut Shire and surrounding areas.

We are focused on helping our students settle into study, improve their academic skills and make sure they feel like they have the tools to succeed in their studies.

ACCESS HOURS

We recognise that our students often want the flexibility to help ensure that they can balance their study/life/work needs and commitments. Our Centre is staffed from 8.30am to 5:00 pm each business day, and is open to registered students with Mobile App access from 5:00am to midnight, seven days a week.

STUDY SPACES

Our Centre offers a quiet and dedicated open-plan study room with computers and space to bring personal devices; one large conference room, which can be used for workshops, group work and video conferencing. Five individual study spaces for privacy; and a kitchen area for students to use.

ROOM BOOKING

Six of our study spaces are available for bookings:

- the conference room.
- the individual study rooms

ACCESS, SAFETY AND ACCEPTABLE USE OF THE CENTRE

REGISTERED STUDENTS

Use of the Centre is for registered students only. If you would like to bring a visitor to the Centre, please do so during office hours and by appointment only.

CENTRE SECURITY

Our Centre is continually monitored with internal and external CCTV, and records of Mobile App access usage. You must be out of the Centre by 11.59pm, as the Centre is alarmed at midnight. Anyone triggering the alarm after midnight can be charged the security call-out fee. The Centre also has a fixed duress alarm near the office and two personal alarms to be used in case of an emergency.

RESPONSIBLE USE OF MOBILE APP ACCESS

For continued access, students must re-register with the Centre at the start of each semester. A personal link will be emailed to you.

Mobile App access is for you, and YOU only. Do not let anyone else in the Centre with your mobile.

CONSIDERATION OF FELLOW STUDENTS

We take pride in offering a safe, inclusive, comfortable space that is conducive to study.

To ensure it remains comfortable for all students and staff we ask if you could please:

- Keep the spaces you use clean and tidy after each use
- Keep noise levels minimal to ensure a quiet space for everyone
- Food to be eaten only in the tearoom or lounge area only.
- Be careful of drinks around the computers
- No consumption of drugs, alcohol, smoking or vaping
- No anti-social behaviour
- no unregistered users

Regrettably, we are unable to accommodate children in the Centre.

RESPONSIBLE USE OF TECHNOLOGY

Our Centre offers students access to high-speed internet and wifi, printing, scanning and photocopying facilities, dual-screen computers and space for BYO devices. Access to our internet and printing facilities is subject to our fair use policy.

We also recommend that students regularly save their work to an external source, such as the cloud or USB, when using our desktops as they have a DeepFreeze software that removes files.

STUDENT SERVICES

STUDENT SERVICES

We recognise that a wide range of academic and study-related skills are needed to survive and thrive at a university level. All our registered students have free access to our Student Services Coordinators for face-to-face and online support with areas such as study and assessment planning, academic writing, referencing, research and library skills, exam preparation, the list goes on! We can tailor these services to your particular needs, and invite you along to our regular workshops. Individual sessions can be booked on our website.

STUDENT AMBASSADORS

If you are interested in opportunities to represent our Centre, you can apply for our Student Ambassador program. Our ambassadors have opportunities to attend community events, network with local organisations and give talks to future students. We value all our students' contributions to our community and encourage you to attend the events held at the Centre.



For current students, we equip you with the skills and information you need to successfully enrol with a manageable study load, navigate your learning portal, connect with university services, and work with your university's policies. We can also help you find and apply for scholarships, placements, internships and access work opportunities in your field of study whilst you are studying.

WRAP-AROUND SUPPORT

We offer support at each step students take to pursue a higher education and to succeed in their studies. For future students, this can include guidance on which course or university may be the right fit, and the different pathways to get you there. For those brand new to study, we can help you better understand how universities operate and communicate



WELLBEING

TIPS TO MANAGE YOUR WELLBEING WHILE STUDYING

- Create a study planner to help manage your time
- Get enough sleep
- Exercise regularly
- Eat well-balanced meals
- Drink plenty of water
- Speak up if you are struggling
- Stay connected
- Take breaks
- Be kind to yourself

Stress Less Tips have been developed by WAYAHEAD – Mental Health Association NSW. We feature a range of tips that can help support mental health and wellbeing by decreasing stress. The tips are based on health evidence and research and developed in consultation with target groups and other organisations

visit the website to find out more:
www.stresslesstips.org.au/uni-tips/

WELLBEING



Headspace is a confidential & FREE service where young people aged 12–25 can access a range of services. We offer a mixture of in-person catch-ups and phone and videocall services so that young people can access the supports they need. Headspace Wagga Wagga is a disability friendly building.

myheadspace@headspacewagga.org.au



Mood Gym is a free online program designed to help people learn and practise skills to prevent and manage symptoms of depression and anxiety. It is like an interactive, online self-help book which teaches skills based on cognitive behaviour therapy.

<https://moodgym.com.au/>



myCompass is a free personalised self-help program developed by the Black Dog Institute for people with mild-to-moderate depression, anxiety, and stress. The program aims to help you recognise unhelpful thoughts, feelings, and behaviours, and develop skills to manage them based predominantly on cognitive behaviour therapy.

<https://www.mycompass.org.au/>



MindSpot is a free telephone and online service developed by Macquarie University for Australian adults experiencing symptoms of anxiety or depression. They offer free online or phone screening assessments to help you learn about your symptoms. You will then receive recommendations from a MindSpot therapist on free online MindSpot Clinic Treatment Courses to help you recover, or local services that can help. Note. You must be eligible for Medicare-funded services in Australia to access Mindspot.

<https://mindspot.org.au/>

OUR STAFF



JANETTE WILSON – CENTRE MANAGER

Available for general enquiries, Centre registration, wellbeing, technical and administrative support.

Availability: Monday to Friday 8.30am to 5.00pm

email:
janette.wilson@cucsnowyvalleys.edu.au

Phone: 0484 287 966



STUDENT SERVICES CO-ORDINATOR

Available for support, including one-on-one sessions. Centre registration, student networking, university guidance, wellbeing.

Availability: Friday 9:00am to 5:00pm

email:
virginia.deak@cucsnowyvalleys.edu.au

EMERGENCY CONTACTS

Emergency	000
Ambulance	000
Tumut District Health	6947 0800
Tumut Police Station	6947 7199
Headspace Wagga Wagga	6937 9000
CUC Snowy Valleys Manager	0484 287 966

CONTACT US



CUC Snowy Valleys
Address to be confirmed



www.cucsnowyvalleys.edu.au



degrees@cucsnowyvalleys.edu.au



0484 287 966



CUC Snowy Valleys



@cucsnowyvalleys

USEFUL WEBSITES

Good Universities Guide – Scholarships
www.gooduniversitiesguide.com.au/scholarships

Services Australia www.servicesaustralia.gov.au/highereducation

Study Assist www.studyassist.gov.au

Charles Surt University – study link www.csu.edu.au/studylink/home

University Admission Centre www.uac.edu.au

Centrelink www.servicesaustralia.gov.au/centrelink

FINANCIAL SUPPORT

CEF <https://cef.org.au/student-support/search-for-scholarships/>

UNIS <https://linktr.ee/cucstudentfinancialassistance>

VTAC <https://www.vtac.edu.au/access/scholarships.html>

GOV <https://www.servicesaustralia.gov.au/higher-education>

Bringing degrees closer to regional, rural and remote Australia.



Australian Government
Department of Education