

Welcome to the World of Public Health!

Our public health courses aim to provide you with an effective framework and reliable tools which will enable you to comprehend and tackle complex population health and social issues in cross-cultural, local, and global environments.

This Orientation Guide will help you find your way on campus and online. It provides links to essential learning and support resources. It also provides advice on how to succeed in your course and your future public health career.

The Menzies Education Team wishes you all the best with your studies.

EXPECTATIONS OF STUDENTS

Preparation for Learning

Aim to complete by the end of Week 1

KEY RESOURCES

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| 1. Ensure your contact details are up to date in the CDU data base. | • DTS For Students |
| 2. Link your CDU email to your private email address to ensure you receive all CDU emails. | • DTS For Students |
| 3. Know how to access, navigate and use Learnline, by undertaking the Learnline module. | <ul style="list-style-type: none"> • Learnline Support and information • Learnline Module Workshops during Orientation |
| 4. Know where and how to get IT support. | <ul style="list-style-type: none"> • Digital Technology Solutions (DTS) • IT Kiosk: CDU Library, Red Building 8, Casuarina campus (7:30am – 6pm ACST Mon-Thu, 7:30am – 5:30pm ACST Fri) |
| 5. Read your Unit Information Guide for each unit. | • Available on Learnline |
| 6. Know where to get support and advice if you develop personal problems that may impact on your ability to study. | <ul style="list-style-type: none"> • Life, health and wellbeing (study help, financial assistance, disability/health conditions, counselling, advocacy, careers and employment, accommodation) • Language & Learning Support (skills development) • CDU has resources to help you with your mental and physical health and wellbeing |
| 7. Get to know Menzies School of Health Research and access information about Menzies Education and Training | <ul style="list-style-type: none"> • Menzies School of Health Research • Menzies Education and Training |

Good Academic Practice

Skills and practices that are recommended throughout the semester

KEY RESOURCES

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| <ol style="list-style-type: none"> 1. Regularly checking emails for academic or administrative messages from CDU staff, including your lecturers. Making contact with your lecturer via email or phone as needed. | <ul style="list-style-type: none"> • Student email |
| <ol style="list-style-type: none"> 2. Carefully reading weekly unit announcements for instructions or guidelines to assist with learning, planning and assessment items. | <ul style="list-style-type: none"> • Via Learnline • Announcements are also sent to your student email |
| <ol style="list-style-type: none"> 3. Committing approximately 10 hours of study per week to each unit. This may include class attendance, study planning, reading, viewing recorded lectures, completing learning activities requested in unit materials, private investigation and research, planning and completing assignments, attending Language & Learning Support, Library or Study Skills online workshops.
Note: the amount of study required may vary among units, depending on your previous experience with the topic. | <ul style="list-style-type: none"> • Contact Language & Learning Support for assistance, consultations, drop-in sessions or sign up for regular updates • CDU Study Skills webpage • CDU Library referencing guides |
| <ol style="list-style-type: none"> 4. For internal students - Attending weekly lectures and tutorials as appropriate for your unit - tutorials are an opportunity to seek clarification about concepts and ideas, get advice on learning activities or assignments, or explore and develop your ideas in discussion. | <ul style="list-style-type: none"> • Time Management (create a weekly timetable & semester plan) • Time management calculator • Know your timetable |
| <ol style="list-style-type: none"> 5. For external and internal students – checking Discussion Boards for posts and posting questions or comments yourself, – these too are an opportunity to seek clarification about concepts and ideas, get advice on learning activities or assignments, or explore and develop your ideas in discussion. | <ul style="list-style-type: none"> • Via Learnline check each of your units for details of how to participate online |
| <ol style="list-style-type: none"> 6. Preparing for tutorials and completing weekly activities. This may involve reading recommended texts, completing online or research activities provided in | <ul style="list-style-type: none"> • Following the Unit Guide and Learnline Unit Information • Bring questions to tutorials |

the learning materials, completing Discussion Board tasks, writing and submitting drafts.

- Ask your lecturer for an appointment if you need assistance - staff always prefer that you ask.

7. Continuously developing your writing skills, appropriate to the task requested, including ensuring you know how to construct sentences and paragraphs, and to structure writing tasks such as addressing questions, critiquing or building arguments, reporting on findings, and reviewing literature.

- CDU [Study Skills](#)
- [Study Skills Resources](#) (time management, essay mapping and written assignment scheduler)

8. Correctly citing sources and constructing reference lists in all written documents.

- [Library Referencing Guide](#)

9. Avoiding plagiarism, by knowing how to search for relevant scientific literature, take notes and identify key points and construct arguments.

Please take advantage of these resources to find out what plagiarism is. If you are unsure, please check with Language and Learning Support, or your unit lecturers.
Plagiarism is academic theft.

- CDU Library: [Plagiarism](#)
- [Library Research Guide](#)
- Study Skills: [Reading & Writing](#)
- CDU Policy: [Student Academic Integrity Policy](#)
- Students can seek advice from the [Complaints Team](#), if needed

10. Developing self-awareness about academic progress, noticing problems with performance, planning or workload management, and actively seeking help from peers, your lecturer, course coordinator or Equity Services staff.

- [Life, Health and Wellbeing](#) (counselling and other support)
- [Language and Learning Support](#)
- CDU has [resources to help](#) you with your mental and physical health and wellbeing

11. Continuously reviewing and balancing study and non-study commitments and seeking advice and support if experiencing difficulties.

- [CDU Student Support](#)
- Menzies Education – education@menzies.edu.au
- Menzies Education Coordinator – [Sharon Thompson](#)
- Contact your unit coordinators and lecturers by email. Their details can be found via [Learnline](#).

Career Development and Networking Opportunities

Once you have settled in academically and over the course of your studies

KEY RESOURCES

1. Identifying opportunities to build your networks, such as attending on campus research at CDU or elsewhere (depending on your location or study mode). If you are an external student, you may want to check for local events and seminars that will assist you in networking.
 - Menzies [News and Events](#)
 - CDU [Research and Innovation Events](#)
 - Monitor the Menzies Education Public Health/Health Research Central site on [Learnline](#) for announcements
2. Consider applying for membership of professional bodies and NGOs.
 - [Public Health Association Australia \(PHAA\)](#)
 - [Australian Health Promotion Assoc \(AHPA\)](#)
3. Actively seeking voluntary opportunities with public health organisations, research schools or external agencies or consultancies.

For example:

 - [Go Volunteer](#)
 - [Projects Abroad](#)
 - Contact [Student Central](#) find out about volunteering opportunities for CDU students.
 - Monitor the Menzies Education Public Health/Health Research Central site on [Learnline](#) for announcements of research opportunities and expressions of interest (EOI)
4. Keeping your CV up to date, and include the skills and expertise gained during your study.
 - [Career Assistance](#)