

ENDEAVOUR
College of
Natural Health

2020

Orientation Program



The highest degree of natural health

endeavour.edu.au

Welcome

Welcome to Endeavour College of Natural Health — we are so happy to have you studying with us. In your choice to study at Endeavour, you have now joined the largest community of students in natural medicine in the Southern Hemisphere. Endeavour College offers fully accredited, high quality Bachelor-level and Undergraduate programs across Australia. We hope you will find your time at the College engaging and rewarding.

The aim of Endeavour College is to equip you with the knowledge, skills and confidence you need to enter the workforce as a competent and knowledgeable practitioner, an employee of the ever-growing natural health industry or, indeed, to proceed to undertake further studies in tertiary education or research. The education you enter into here is a rigorous one, as the role of natural medicine in present and future Australian and world health is a weighty one. We urge you to undertake your education and future career with an understanding of the importance of the safety, efficacy, scope and power of natural medicine – and study hard!

The course in which you are enrolled will expose you to a variety of experiences and perspectives and provide you with many opportunities for your growth, not only intellectually, but also emotionally, developmentally and even spiritually. And, of course, you will have many opportunities for new ways of caring for your body as well. You will find that your course is up to date, recognised by relevant professional bodies and registration authorities and will provide a mix of different types of learning experiences and methods.

As a student at Endeavour College, you have certain rights and responsibilities, most of which are outlined in the Student Handbook and are also supplemented by the full policy bank found on the main Endeavour website. Please feel free to check in with your local Student Advisers and Support departments should you have any further queries regarding these topics, or for academic matters, please chat to your Lecturer or to your local Senior Lecturer. Many of you are new to higher education as you enter your study at Endeavour. How you utilise your time whilst with us depends largely on your personal motivation and dedication to achieving your aspirations. We are committed to providing you with a learning environment that helps you achieve your educational goals. And as an adult learner, you are a partner in determining what exactly you will personally take from your education. The sky is the limit!

My best wishes for your successful completion of your enrolled qualification here at Endeavour. I look forward to calling you a colleague in natural medicine in the future!

Mark Payne

Acting Director of Education



Endeavour College of Natural Health acknowledges the Australian Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the traditional custodians of the lands on which our College is located and where we conduct our business. We pay our respects to ancestors and Elders, past, present and future. Endeavour College of Natural Health is committed to honouring Australian Aboriginal and Torres Strait Islander peoples' unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.

Your Endeavour Orientation program

Our Endeavour Orientation program runs over a series of weeks with activities commencing at the start of your studies. This extended approach to orientation means you'll receive the right information at the right time during your transition into study so you won't suffer from information overload. This program will give you the information, contacts and knowledge to successfully start your studies.

A safe campus for all

The College is committed to providing a safe learning environment free from discrimination, bullying, harassment and/or sexual assault or misconduct with equal opportunity for and fair treatment of all students. This commitment is based in compliance with federal and state equal opportunity and anti-discrimination laws and it is also an extension of the College's organisational values and its commitment to providing a safe, happy, authentic and student-focused learning environment.



Preparing for study

Your email account

Your email account is your primary source of communication. Be sure to check it regularly to ensure you receive official communications regarding your classes, enrolment fees or academic progression. You should already have your Endeavour eWeb email address by now.

Setting up your email

It's easy to set up your Endeavour eWeb email address. Visit eweb.endeavour.edu.au, enter your student number and complete the steps to set up your account.



Get help when you need it!

Q help.endeavour.edu.au

Student Portal

The Student Portal is the platform that supports the administration side of your studies. This is where you are able to apply for FEE-HELP, check your accounts, manage your payments, manage your enrolments, check your academic history, access resources and links, request assistance and feedback and update your profile.



Go to Study Assist for FEE-HELP info

Q studyassist.gov.au/help-loans/fee-help

Enrol for classes and check your enrolment

You are able to view the subjects you are currently enrolled into via the Student Portal under the Manage your Enrolment option. For extra assistance managing your enrolment or support as you start out with the College, book a consultation with a Student Services Adviser or Course Progression Adviser via the LMS (Learning Resources > Consultation tabs).

Q portal.endeavour.edu.au

LMS (Learning Management System)

The Learning Management System (LMS) is where students will have access to all their subjects at the start of the intake. Access to materials is generally opened one week prior to the start of the teaching period under My Courses tab. Click on the subjects and you will see tabs including a weekly breakdown on content, subject outlines, assessments overview, connect and feedback tabs.

It is important that you engage with your studies once your subject is open and be certain to check your assessment tabs. Make sure you participate in all assessment items including the weekly forums as these will support valuable marks for participation that count towards your overall assessment grades.



Download the LMS app today and access your studies any time, anywhere!

Key dates

It is important to know your start date, census date, exam period commencement and results release dates. These calendars can be viewed on the **Re-enrolment** pages on the website and key dates can be found on the Key Dates section on the website.

Domestic students key dates

International students key dates

Start date is the day your course starts. You will be expected to engage in all your subjects from day one so make certain that you are logging in and taking action the day your subjects start in the LMS.

Census date is the date on which your enrolment is considered finalised for the semester and is the last date you can drop a subject (course) without receiving a financial and academic penalty. If you withdraw from a subject (course) after this date you will be liable for any fees/financial liability relating to these subjects (course).



Get organised with **MyStudyLife** – it's free!

Preparing for study

Student ID cards

A student identification (ID) card is proof that you're a student at Endeavour, and all students (whether you're studying online or on campus) must have one. You need a student ID card to sit exams, borrow/access library resources, access buildings on campus, and more.

Email library.online@endeavour.edu.au to order a student ID card. Library Services will contact you once it's ready to collect. Visit the [Getting Started page](#) for more information.

The library

The College library supports student learning, provides assistance with library research tutorial skills, library appointments and access to a wide variety of online and physical resources. In order to physically access your campus library, you will need an access card or PIN, the PIN will be sent to your email.

If you are not on campus, you can book in with the virtual librarian via the LMS under the 'Library' tab or via the library website. If you need library assistance, connect with the virtual librarian via the chat section on the website.



Library Virtual Chat – visit the website and chat for quick answers.

Bookstore and textbooks

The Endeavour Bookstore is the official textbook site for Endeavour College of Natural Health. To purchase textbooks please visit [Endeavour Bookstore's website](#).



Get 10% off* when you use the code **STUDY10**.

*This discount does not apply to the clinic uniforms, book bundles or textbook packs.

Endeavour Career Planner

[Endeavour's Career Planner](#) enables students to start planning for their future career in natural health whilst studying. As a new student it is important for you to access the Career Planner and complete the Values and Career Goal activities. Doing this will help you to capture your current motivation and ambitions towards your future career direction.



Link to the Careers Service

Q endeavour.edu.au/careers-service

Student Services

Endeavour is committed to helping students achieve success. Our Student Services team will continue to support you from enrolment to graduation. Book an appointment with a Student Adviser via the LMS (Learning Resources > Consultation) or request assistance through your Student Portal under Assistance & Feedback.

For any queries, please head to the website or call 1300 462 887 (ext. 2).



Get moving! Exercise helps to increase the blood flow to your brain. Schedule exercise into your day. Check out these [at home exercises](#), using everyday household items, put together by FIAFitnation.

“I met so many like-minded people. Meeting all those people on my first day at Endeavour was something really special. Those people I met then are now life-long friends.”

Ally Bongard, Nutrition and Dietetic Medicine alumna

Virtual Orientation Day

We look forward to welcoming you to our Virtual Orientation Day! This is a great opportunity for you to meet your classmates, be introduced to student, library and academic support and become familiar with the systems you will use throughout your studies.

“It was a valuable opportunity to become familiar, meet people, get clarity on what the semester would look like and get set up for study.”

Olivia Croker, Naturopathy student

Need a refresher? Our webinars can help

Orientation Webinars

We know there is a lot of information to take in when you first start so, if you need a refresher, our monthly online orientation webinars will provide you with all the orientation you need to know. Just [visit our website](#) to sign up to the next one.

Course Progression Webinars

As you begin your studies, we know there is a lot to juggle as you become familiar with the demands of study and balancing your everyday commitments to family work and existing schedules. Take the time you need to become familiar with all the tools and support resources available to you to help you balance your study with your life.

Need to change your study load?

If you need support with changing your study load from full time to part time or increasing from part time to full time, you can connect with a Course Progression Adviser or Student Services Adviser or join a monthly Course Progression Planning webinar to learn how to manage your studies, register for the next one on our [website](#).

Virtual Orientation Day schedule

Student connections

10am (AEDT), 45 minutes

Join us online in the virtual lobby to connect with your classmates and the student rep teams. Let the speed-friending begin!

Presented by:

Student Support team

Student support options: progression to graduation

11am (AEST), 30 - 45 minutes

This webinar will provide you with an overview of how to connect with the service and support offerings at the College as you begin your study journey. This includes an introduction by Student Services on how to seek feedback and assistance, an introduction to our Student Wellbeing programs, managing your progression towards graduation and an insight into the careers planner.

Presented by:

Jessica Taurua, Senior Retention Coordinator
Student Service Adviser



On your lunch break why not try out these recipes from our [blog](#)!

Navigating student systems

2pm (AEST), 45 minutes

Take a virtual tour and become familiar with the Student Portal (the administrative side of your studies), the LMS (the learning side of your studies) and have your questions answered.

Presented by:

Olfa Hafsa, Student Representative
Jessica Taurua, Senior Retention Coordinator

Student wellbeing webinar

5pm (AEST), 60 minutes

As an Endeavour student, you will have exclusive access to wellbeing events including virtual webinars and movement classes (Qigong, yoga, meditation, and more). Join us for a live webinar session on Surviving and Thriving as a Student with Peter Bliss, an International key note speaker and mindfulness coach.

Presented by:

Wellbeing Series Presenter: Peter Bliss, Holistic Service Group
Sophie Buchinger, Student Engagement Coordinator



Get exclusive access to discounts, events and more with our Student Wellbeing Offers – keep an eye on your inbox!

Library and academic skills

1pm (AEST), 45 minutes

If you are new to Higher Education or have not studied for a while then you might be studying how to study. Take the time to build your academic skill set as this will allow you to progress with greater confidence into the subjects and assessments ahead. Join the Library and Academic team as they provide you with an introduction to the library support offerings at the College and a pathway to building academic skills to support your success as you begin your study journey.

Presented by:

Rebecca Combrink, National Librarian
Mark Payne, Acting Director of Education

Win a prize just for 'showing up'!

By simply attending these sessions, you will go into the draw to win a \$20 Endeavour Bookstore voucher.

Short courses and workshops

Academic skills webinars

You will receive registration links for these webinars in your inbox after the Virtual Orientation.

Time management and seeking help

Study can be challenging especially when balancing work, family and study. However, with a few simple steps to managing your time and knowing what help is available to you, can ensure you have quality time to spend on your studies.

Preparing an effective study space

The quality and efficiency of our study is dependent on having the right environment to support our learning. We share some simple strategies for creating an effective study space.

Approaches to online learning

Online learning gives us a lot of flexibility to study where and whenever we can. Using some simple approaches for effective online learning can significantly improve your studies.

Student Wellbeing series

As part of our Student Wellbeing series, we are offering resilience sessions which will help to support you as you come across the challenges of studying.

- ▶ [Be Kind to Yourself](#)
- ▶ [Life has Changed – Learning How to Compromise and Commit to Your Studies](#)
- ▶ [Setting SMART Goals](#)
- ▶ [Building Resilience as You Start Your Studies](#)

Special interest groups webinars

You will receive registration links for these webinars in your inbox after the Virtual Orientation.

New to studies

Come along to hear important tips and tricks from successful students. Find out about common challenges students face when commencing study, find out how to prepare and learn some study hacks to fast-track success.

Mature age students

Join our group of mature age students to discuss the issues they faced with their return to study, such as balancing study with family and work. We will look at some of the strategies for success as you learn how to study and progress towards your goals to support graduation and your ideal career outcomes.

Library skills

Your assignment is only as good as your research. Let the library staff teach you how to build some serious research muscle, perfect referencing and avoid plagiarism.

- ▶ [Watch it here](#)



The first semester journey: engage and succeed

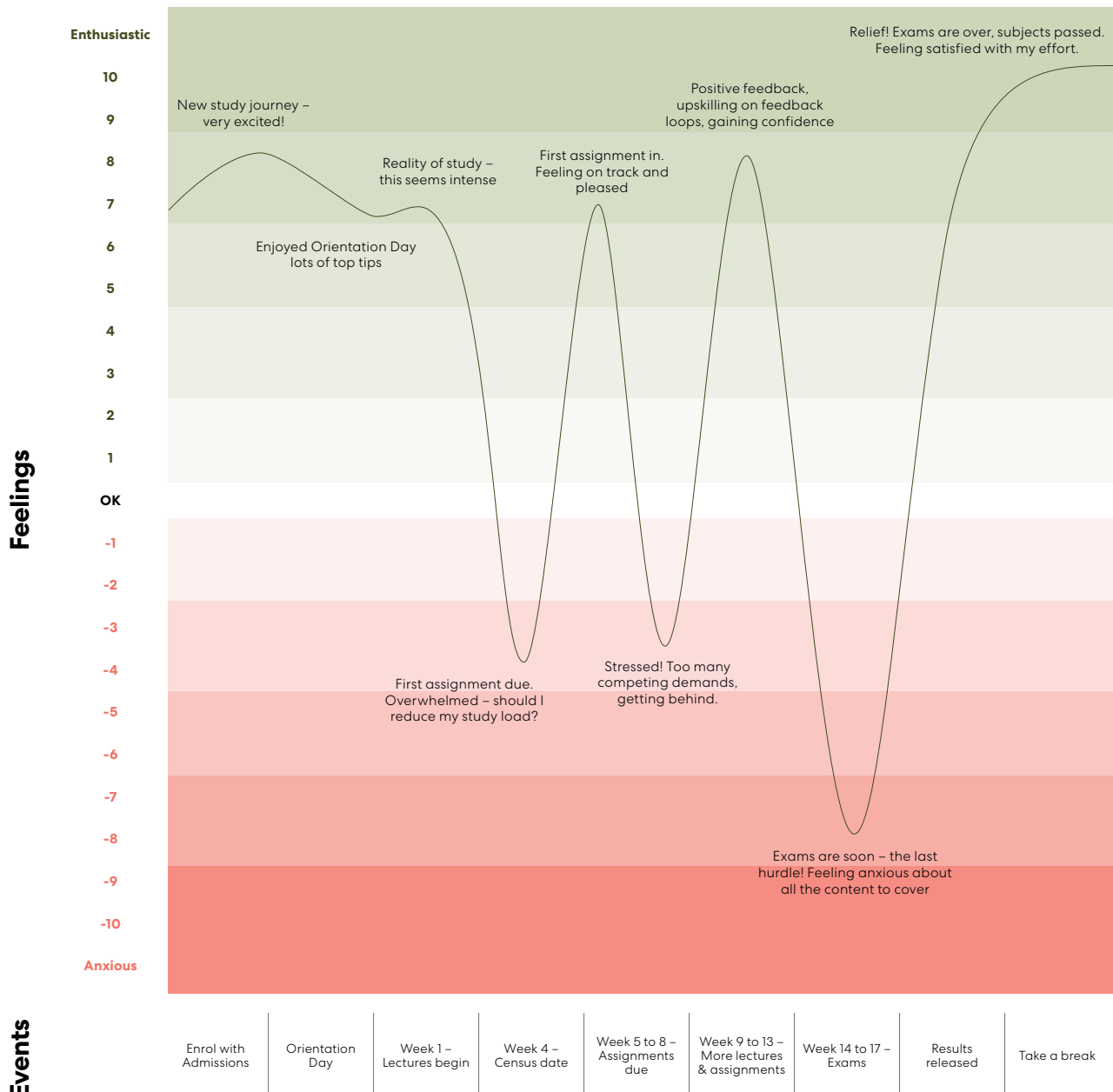
Welcome to your first semester at Endeavour College! This time will be exciting, challenging, and sometimes overwhelming. You will discover new learning technologies, academic communication and writing standards, referencing, and more.

Taking in this new world of information can result in stress, anxiety, and a feeling of uncertainty (especially around assessment and exam time). It's an emotional rollercoaster! Please rest assured that these feelings are 100% normal during your first semester as, for many of you, this will be your first experience learning in a higher education setting. So, be kind to yourself and take small and steady steps as you transition into your studies.

The good news is, if you engage with your studies, attend Orientation Day and the free support sessions, you'll be more easily able to navigate your transition to studies. There are a lot of free support services available to help you succeed and remember to ask questions and seek help early. Planning and preparing in advance are the true keys to study success.

Top Tip

The Student Assistance Program (SAP) is available free of charge for confidential counselling study related or personal problems. Just call 1800 336 207 (24/7).



Study tips



Tick tock – watch the clock!

Plan your studies from day one, segment your lecture times, your study time, your assessment schedule and commit to it. Juggle it around until you get it right. After all, it is an investment in your future!



Know your subject outlines

Read all your subject outlines multiple times throughout the study period. They contain vital information including essential readings, expected study hours, assessments and weightings and due dates. These will become an essential guide for every subject.



Find a study buddy... or three

Be brave, connect with some people in the same subject, in one of your groups, via the forum, or through social platforms and form an informal study group – help each other to succeed and stay connected with your studies and goals.



Rest, relax and recharge

Plan your studies using time blocks. At times you will need to walk away and let yourself recharge and reconnect with friends and family. Often it helps kick your brain into another gear ready for the next study shift.



Stay ahead

Read the set materials beforehand and complete any tutorial work/workshops before you start each class. This will help develop context and support new concepts and consolidation as you study.



Engage to achieve

Engage in your studies from day one, week one. Students who attend ALL classes maximise their learning and success. Each class is a stepping stone towards your goal, so make it a priority to attend. Become tech savvy to support your study goals.



Healthy habits

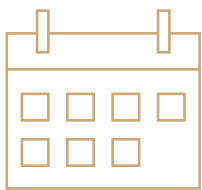
Eat well, sleep well and exercise. All of this contributes to a healthy body and healthy mind. Study regularly and start assessments early – they always take longer than you think!



Stay positive!

Be mindful, regularly take the time to take a break, check in with your thoughts and be in the present moment with a few deep breaths. Walk away if needed. Challenge the negative thoughts and replace them with positive. Be kind to yourself – you've got this!

Study tips



Weekly check in

Give yourself a weekly check in and connect to your study buddy, join tutorials or book an appointment with an academic via the LMS. For confidential counselling for study related or personal problems, connect with the Student Assistance Program on 1800 336 207 (24/7).



Boost your brain health

Sleep is important for memory recall and maintaining attention, both important factors when it comes to learning new information. Make certain you get a good night's sleep before all main assessments, quizzes and final exams!



Study is a journey

Gaining a degree is going to take you outside of your comfort zone. You will meet new people that will offer different perspectives, concepts and ways of being. Take this opportunity to embrace your new world, new knowledge and the direction this will take you.



Reward yourself

Study is hard work. After a successful major assignment, reward yourself. Celebrate your achievements (big and small) and remind yourself regularly of your strengths and career goals.



Practice period

It will take at least one full study period to settle into College life and your studies. You'll have to initially invest a lot of time learning about academic expectations, researching, writing, and technologies, as well as your course content. Remember to be kind to yourself and give yourself a break if you have some hiccups along the way. Soon you will be a pro!



Drop down, not out

Review your study load before census date and determine whether you need to drop a subject (or two) in order to be successful and remain in your studies. Always seek advice on which subjects to drop and what that impact may be on your financial assistance.



Remember your goal!

What is your why? The reason why you started, your motivation, your goal, your inspiration, your aspiration. Check into your why, ensure this is the right path for you then get back to planning, taking action steps towards your progression to graduation and your career goals.

New student checklist

Tick, tick, tick... It's time to get started! Throughout your time at Endeavour, you will further develop your skills in organising and prioritising a number of competing and challenging tasks. And what better time to start than now? Work through the checklist below to keep your orientation on track.

Before Virtual Orientation

- Refer to Page 4 for information that will help prepare you for study.

During Orientation Day (Week 1 to Week 4)

- Attend the Virtual Orientation information sessions and get to know your classmates, your support channels and get ready for your studies.
- Log into the Student Portal and complete the eCAF application if you are using the Australian government FEE-HELP loan scheme or make a note of payment due dates.
- Go to [MyHELPbalance](#) to check and manage your FEE-HELP balance.
- Get familiar with the [Student Portal](#) and explore the resources, links and feedback tabs available to you.
- Log into the [Learning Management System \(LMS\)](#) to find your subjects and information from your lecturers about subjects including forum posts, assessment topics and deadlines. FYI, subjects are opened one week prior to start date.
- Get connected to College life through our campus Facebook pages (visit [Facebook](#) and find your campus), [Instagram](#), [student events](#) (they're listed on the website) and [blog](#) posts.
- If you have a disability, medical or mental health condition, or injury that may impact your studies, book a consultation with a Student Adviser via our LMS. Visit our [Access and Equity Program](#) page.
- Save this number: 1800 336 207. This is the number of our Student Assistance Program (SAP) – a 24/7 confidential counselling for study related or personal problems that's exclusively for Endeavour Students. You may find you need it one day and we are here to support you.
- Familiarise yourself with the academic skills and support modules at the College. Jump onto the Orientation Week section on the LMS (this can be found under Learning Resources).
- **[Start to plan your studies](#)**. Note down your start date, census date, and check your subject outline – this is your key to planning and understanding assessments, timings, and planning for success. Subject outlines can be found in the LMS and on the website.
- Engage with your studies. Log into the LMS, find your first subject and watch the first lecture. You've officially begun!
- Get help whenever you need it. We have a robust [FAQs section](#) on the website. Alternatively you can call student services on 1300 462 887 (ext. 2) or raise a ticket to connect with a student support team member via the Student Portal Assistance and Feedback tab. **Q** help.endeavour.edu.au

After Orientation Day

- Download this checklist to help you stay on track and succeed in your studies.

Stay connected

Going to College is about more than just studying. It's about developing connections with the people you meet during your learning journey – from fellow students to your lecturers and practitioners. Endeavour College offers you many ways to make and keep connections, both on campus and virtually!

Take part in our student wellbeing events

Join us for free virtual wellbeing sessions such as QiGong, yoga and meditation. These are often run by fellow Endeavour students and are a great way to break up a study day and get your body and mind moving!

For all our upcoming student events, visit our [events section](#) on the website.

Join us on social media

For campus specific news and updates, be sure to like your local campus' Facebook page. To keep up to date with the College news and stories, follow us on [Facebook](#), [Instagram](#) and [LinkedIn](#).

Lecturer and subject connections

Check in with your lecturers on a regular basis. You can do this in person, over email or through the LMS.

Visit our clinics

Head to our [Endeavour Wellness Clinics](#) to experience first-hand what we teach. Our senior students are supported by industry professionals, so you're in safe hands. And with student discounts and promotions, it's a great way to keep your own health and wellness in check.

On campus connections

As well as our Student Wellbeing events, we also provide students with breakout spaces, comfortable kitchens, study areas and free Wi-Fi.

Top Tip

Always be aware of your personal belongings and surroundings on campus. We are committed to the health, safety and wellbeing of everyone who visits our campuses.

Alumni connections

Connecting with alumni and people in the natural health industry is incredibly valuable. We regularly host events where you can hear from speakers who will share their journey, experiences, knowledge, and advice. For upcoming events, visit the [current student events](#) section on our website.

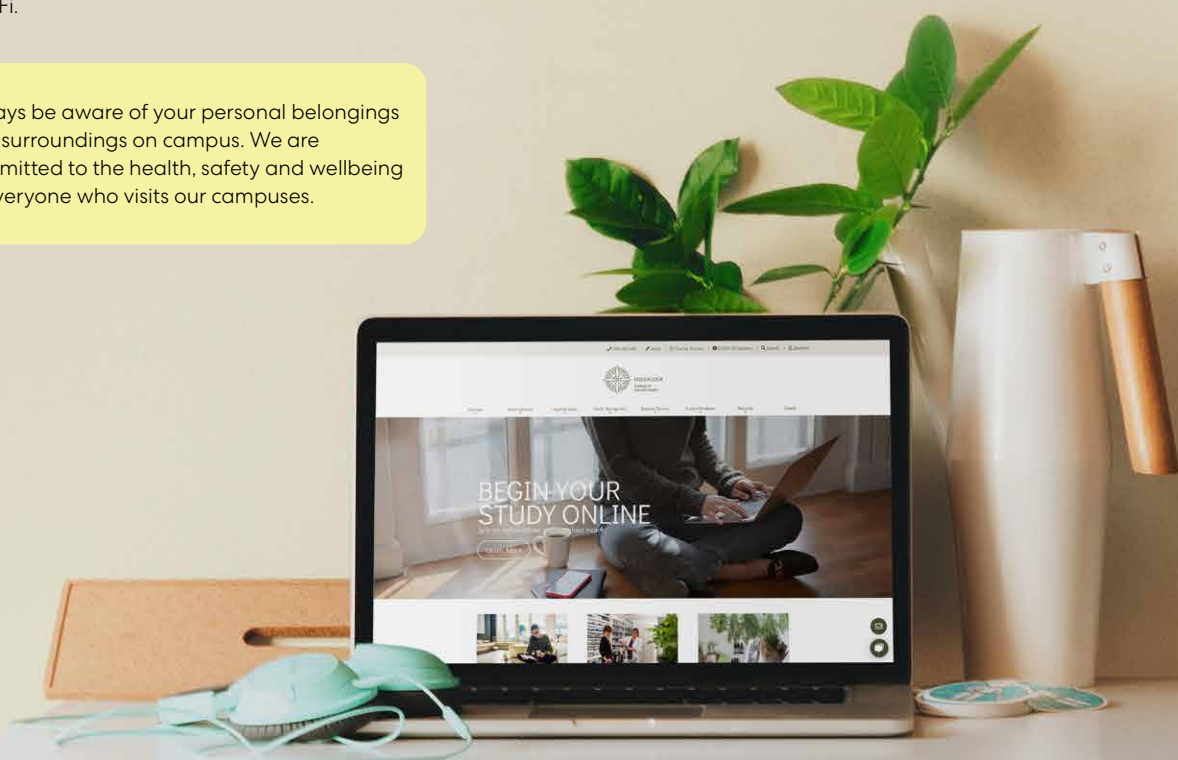
Get to know your local area

Familiarise yourself with the city, surrounding shops, cafes, public transport routes and feel comfortable with your local area.

- ▶ [Campus Life Brochure Adelaide](#)
- ▶ [Campus Life Brochure Brisbane](#)
- ▶ [Campus Life Brochure Gold Coast](#)
- ▶ [Campus Life Brochure Melbourne](#)
- ▶ [Campus Life Brochure Perth](#)
- ▶ [Campus Life Brochure Sydney](#)

Explore your local campus

Our campus tour videos give you an insight into what's available on campus and where to find places like the library, clinic and breakout areas. To watch your local campus tour video, select your campus [here](#).



Your student support guide

Student Services Support

We are here to connect you to essential support services throughout your educational journey.

☎ 1300 462 887

🔍 **LMS Learning Resources > Consultation-Student Services**

Submit a ticket at help.endeavour.edu.au

Library Support

The dedicated library team offer research and referencing skill sessions to assist you in finding resources and citing them correctly.

☎ 1300 462 887

🔍 [Library Information](#)

Careers Service

The Careers Service offers guidance about any issue related to planning your career. Book a one-on-one consult with a careers adviser.

☎ 1300 884 246

✉ careers.service@endeavour.edu.au

LMS Support

Contact the LMS team.

☎ 1300 051 429

Submit a ticket at help.endeavour.edu.au

Student Assistance Programme (SAP)

This is a free 24/7 confidential counselling hotline. Face to face sessions can be requested.

☎ 1800 33 62 07

Access and Equity Program

The Access and Equity Program (AEP) connects students with a disability, mental health or medical condition with support services that facilitate fair and equal participation in all areas of College life.

✉ accessandequity@endeavour.edu.au

Academic Support

Our Academic team are accessible to help you with your studies. Book an Academic Consultation via the LMS.

🔍 **LMS Learning Resources > Consultations- Academic**

Submit a ticket at help.endeavour.edu.au

IT Assistance

Log a ticket for support.

Submit a ticket at help.endeavour.edu.au

Course Progression Support

Contact the Course Progression Team to discuss your study load.

🔍 **LMS Learning Resources > Consultation- Course Progression**

Submit a ticket at help.endeavour.edu.au

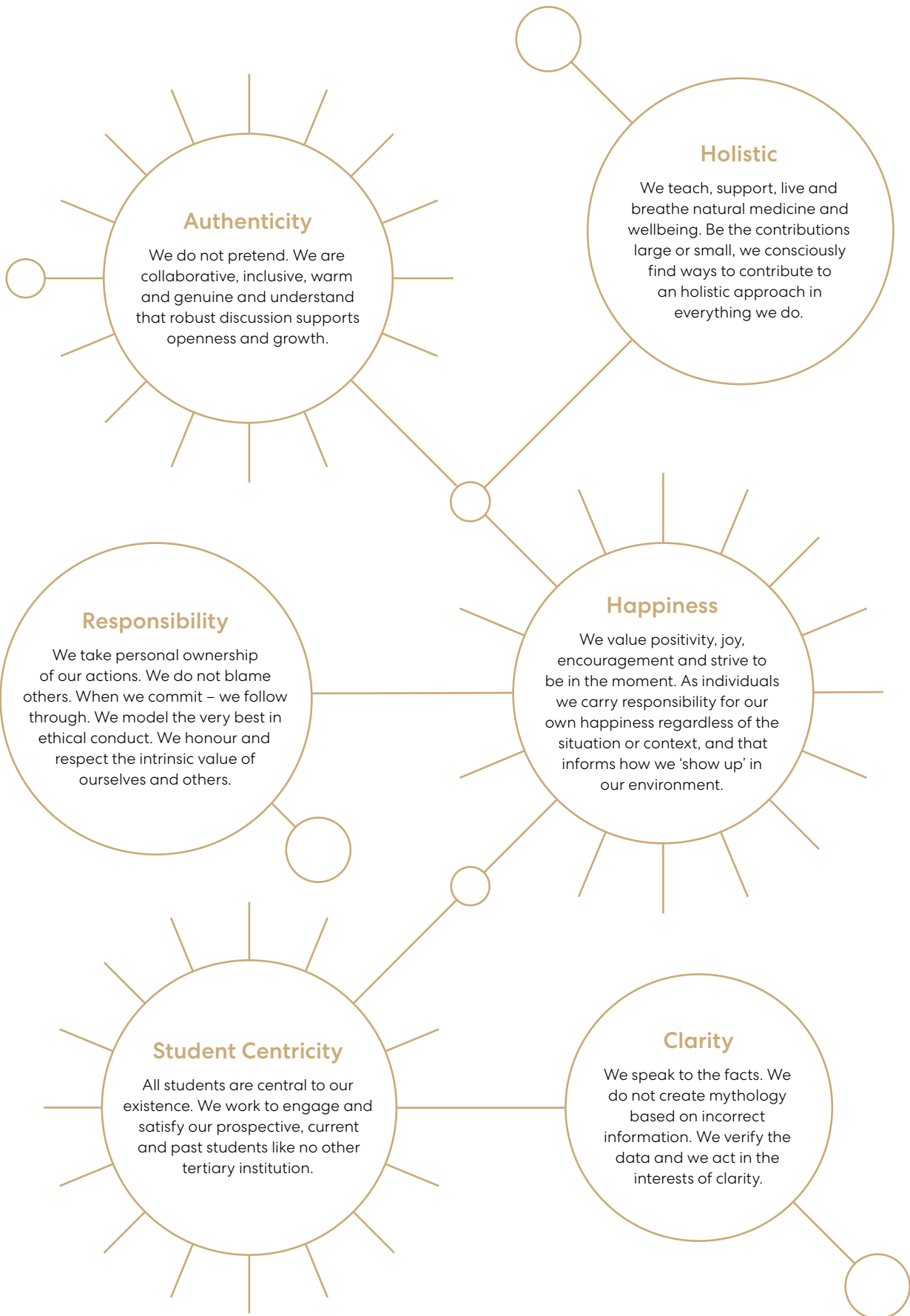
Student Portal

For assistance or feedback please log a ticket for support.

Submit a ticket at help.endeavour.edu.au

If you have any further queries, visit the [Endeavour website](#).

Our values



This publication is intended as a general guide. the information is correct at the time of publishing. The College reserves the right to change any of the information to align with policies and procedures. Admissions requirements are confirmed at the time of enrolment and the College reserves the right to alter any course or admission requirements without prior notice to align with the Higher Education Industry guidelines.

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