

Welcome
to

Australian Performing Arts



Conservatory



Student Welfare & Support:

Student Counsellor

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Student Support Policy:

2. Objectives

The Conservatory is committed to providing a harmonious environment for all of our students.

The Conservatory aims to provide support to enhance students' experience during their studies and to assist students to achieve success. The Conservatory will:

- Support students to settle into the Conservatory community
- Create a Student Council as a student representative body that will have membership on the Academic Board
- Ensure that the Conservatory is free from discrimination
- Promote an environment where students are supported in all aspects of learning, and are encouraged to undertake scholarly endeavours
- Promote ethical and professional behaviour

Student Support Policy:

3.1. Responsibilities

The Director of Higher Education is responsible for implementing support and liaising with all academic, administrative and support staff to ensure that students' welfare is treated holistically and confidentially.

The Conservatory will:

- Ensure that students who need support are identified early
- Ensure that staff are trained in identifying and providing support for students, and refer students to external services, as required.
- Ensure that academic advice on areas of study assists students to make sound decisions which are likely to lead to successful outcomes
- Disseminate information about student support services to all higher education staff and students, including information about the Student Council
- Ensure that communication with students is timely, clear, respectful and effective
- Encourage students to access supports as early as possible

Student Support Policy:

3.1. Responsibilities (*cont'd*)

Students are expected to:

- Take responsibility for their own study and make informed choices
- Seek advice on all aspects of study decisions
- Be aware of supports available and seek help where relevant
- Undertake support that have been recommended as a result of risk identification and interventions
- Undertake additional English language studies where necessary.

Student Support Policy:

3.1. Responsibilities (*cont'd*)

The Student Council will:

- develop its own terms of reference
- elect a President as the head of the Student Council
- provide a voice for students studying at the Conservatory
- provide advocacy for students in all areas of their study and assist with interpreting the Conservatory's rules, policies and procedures
- represent students on the Academic Board via the President of the Student Council, who will be a member of the Academic Board.

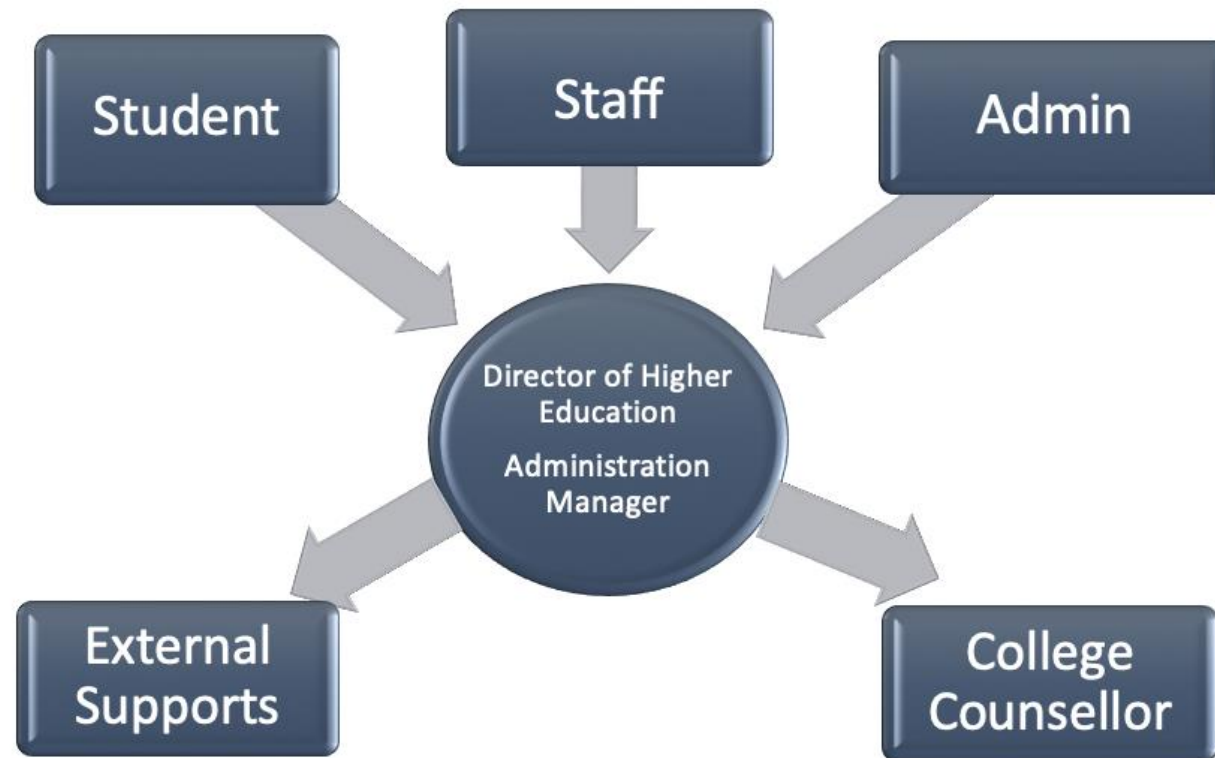
Student Support Policy:

4.2. Identification of personal support needs

Staff at the Conservatory will endeavour to identify personal supports for students via observing student behaviours. Discussions with students will be conducted in a respectful and timely manner. Students are encouraged to contact Conservatory personnel if they need personal support. Personal support may be needed for:

- Medical conditions or disability
- Mental health conditions
- Emotional instability resulting from trauma, such as victimisation
- External issues such as financial hardship

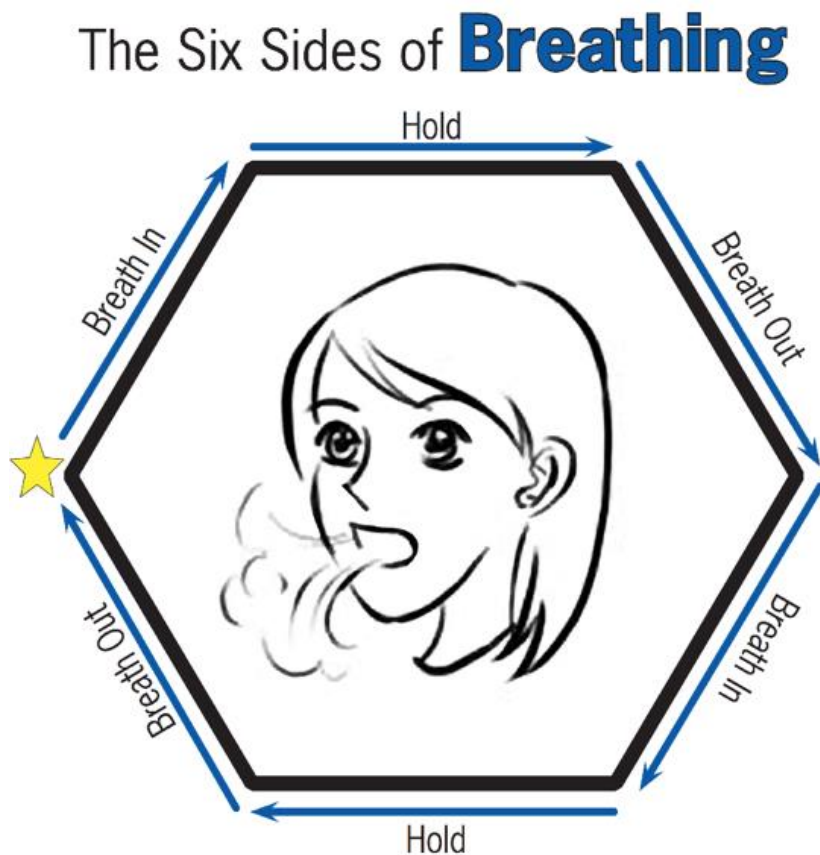
Referral Pathways:



Mental Health Tips:



Controlled Breathing To Feel Calm:



Starting at the yellow star trace with your finger the sides of the hexagon as you take a deep breath in, feeling your shoulders rise as the air fills you. Trace over the next side as you hold your breath for a moment. Slowly breathe out as you trace the third side of the hexagon. Continue tracing around the bottom three sides of the hexagon as you complete another deep breath. Continue The Six Sides of Breathing cycle until you feel calm and relaxed.

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Mental Health Contacts:

- In an emergency call 000 or go to your local hospital emergency department.
- Phone [13 HEALTH](tel:13432584) (13 43 25 84) for 24 hour assessment, referral, advice, and hospital and community health centre contact details.
- [Lifeline](tel:131114) 13 11 14
- <https://www.beyondblue.org.au/> 1300 22 46 36
- <https://www.sane.org/get-help> 1800 18 7263
- <https://headspace.org.au/> 1800 650 890
- <https://thebutterflyfoundation.org.au/> (eating disorders) 1800 334673
- <https://qlife.org.au/> (LGBTI) 1800 184 527
- [Counselling online](tel:1800888236) (drug and alcohol) 1800 888 236
- [Suicide Call Back Service](tel:1300659467) 1300 659 467
- [e-headspace](https://www.e-headspace.org.au/) Online counselling for young people 12 to 25 years