



BELONGING

Finding and having a sense of belonging can have good outcomes on your overall wellbeing. Even steps towards connecting with others can help.

Being a student, you are already a part of something! You are here with other like-minded people studying for a purpose.

Where do I fit in?

If you are feeling isolated or lonely – ask yourself where you might see yourself fitting in? Perhaps it could be at Wollotuka – connecting with other Aboriginal & Torres Strait Islander students, or it could be with one of the many clubs and societies at uni, or within your local community.

What action can I take?

Your mind will probably try to talk you out of taking steps to try something new or that you don't have time for this – that is perfectly normal. Connecting to others gives you more energy towards your study. See if you can just make some small steps towards trying something new and finding that sense of belonging.

The classroom can give you a sense of belonging and that is sometimes enough for some students. Other students may need deeper connections – either through their shared experiences, backgrounds, culture, hobbies, sports, arts, volunteering opportunities, interests, location, common cause or a meeting place like Wollotuka – ask about yarning circles and Women's and Men's groups.

Links:

- If you're passionate about education, perhaps you could get involved with our local AECC: <https://www.aecg.nsw.edu.au/>
- Student Advancement: <https://www.newcastle.edu.au/our-uni/indigenous-collaboration/the-wollotuka-institute/student-advancement>
- Find a club: <https://www.newcastle.edu.au/current-students/uni-life/clubs-and-societies/find-a-club>
- UNSA: <https://unsa.org.au/>



WOLLOTUKA WELLBEING

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Artwork: **Stronger Together (2021)** Artist: Darleen Cooper

