

Top things I need to know as a parent-student at ANU:

There are supports available from the Australian Government for parents, from the university and from PARSA, which you can check with your scholarship provider, your school administrator, PARSA and Centrelink.

1. If you have children, make sure their insurance and school is registered:

- Check with ANU Health Clinic if your child's immunisation is up to date and do catch up, it's free. The immunisation is a key to many requirements for your children such as school registration, child care, child care benefit and rebate, and many more
- Check with your scholarship if your children are eligible for school fee exemption. If your scholarship is from the Australian Government, or if you are a research student in ACT, your children are eligible for this. Check with the school and the ACT education and training department
- Check with your scholarship if your family is eligible for Child Care Benefit and Child Care Rebate. These two benefits are essential when you are sending your child to child care centre as well as before/after school care. Some holiday care also accept this
- For international students, your children have some benefits from the ACT government such as dental checks and eye checks with the community health centres in ACT. For children below 5 years old, they are free for this service. For children above that age, you have to pay for a certain amount for a year for the service. I think the same also applies for children's eyes. But please check with the school too for this because many benefits are managed based on ACT public schools and community health.

2. On campus, you can check:

- With your lecturer and/or school administration when you need to bring your child to class or to your office (for PhD students). Ask if you can have a room/office or office mates that allow you to bring your child or breastfeed when you have to.
- If you have to go for conferences outside campus (in the region or international), I believe the university provides care travel assistance for staffs (newly issued last year). You may want to check with your school or probably with the university if PhD student is eligible for this, because there are times when you cannot attend conferences because you cannot leave your child behind at home. This fund will help you travel with your child for conferences, because no one is looking after your child at home (esp if you are single parent)

- There is also parental leave applied in the uni, you can check with your school admin and your scholarship if you are eligible for that, esp when you have baby during your study
- If you have difficulties with paying bills, there are student concessions that you should apply. I know there is student concession for electricity bill for ACT students.
- If you are stressful with study and family (because managing family is expensive and stressful for students), you can talk to ANU Counselling and to PARSA for emergency funds and legal assistance. Trust me, they are there to help you get through difficult times. Do not stay quiet when you are stress because your family may get affected from your stress.

3. One important thing: Dont put off until tomorrow what you can do today. Invest in time and money and it applies for study or for family. Do not delay (i) writing your thesis or assignment because you may not know what happens in the future (your supervisor move, your school structure is changed, you or your children are sick, etc), or even (ii) checking the benefits that you and your family are eligible for (you don't want to spend too much for something you don't need)

4. The most important thing: Have fun with your study and your family!

- If you have difficulties with paying bills, I believe there are student concessions that you should apply. I know there is student concession for electricity bill (Actewgl) for ACT students, **especially domestic students.**