Here you can find information about the Back On Track program and resources to help you get back on track with your studies at UNSW.

**Back OnTrack program**

If your studies have gone "off track" or you are struggling to stay on track then chances are your university life isn't the fulfilling experience for which you had hoped. If you need assistance, the Back OnTrack program is a structured online learning resource designed to help you assess why you have gotten off track and make a plan to get back on track.

Even if your academic standing is poor, you are returning from a period of suspension or exclusion, or you were really disappointed in your results last semester, this program can give you the confidence to implement decisions that make your time at university count.

- See the Back On Track program

**Related resources**

The following self-help tips and resources can assist your studies:
- Exams with less stress
- Facebooking
- Learn to study at university
- Motivation and goals
- Procrastination
- Perfectionism
- Sleeping support resources
- Time management
- Tips for using feedback

**Mind smart**

Self-help videos and guides

**Learning Centre**

For all your referencing, writing and academic skills support

**Study skills support**

Disability services program

**Essentials**

7 modules for highly effective international students

**UNSW Essentials**

Guide to managing your program in first semester