

Student Workshops and Webinars

Enhance your learning experience

Semester Two, 2017



Lunch time Workshops

Tuesdays 1 - 2pm

STOP 1, Level 1 - Room 109
No bookings required. Arrive early to register and ensure your seat

BE YOUR BEST

Tue 08 Aug
Strategies to help you get down to work and be your best

CREATING SOCIAL CONNECTIONS

Tue 15 Aug
Feel more confident and connected in social situations

OVERCOMING PROCRASTINATION

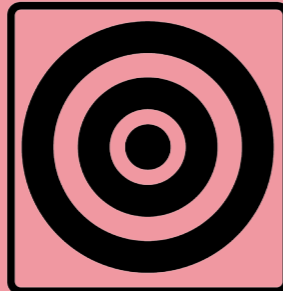
Tue 22 Aug
Explore ways to stay on track and get things done

OPTIMISING FOCUS AND ATTENTION

Tue 29 Aug
Train your attention, build concentration, remain calm and focused under pressure

ASSERTIVE COMMUNICATION

Tue 05 Sep
Learn to express yourself more clearly and confidently



Special Interest Workshops

MID-WEEK MINDFULNESS

Every Wednesday
Introductory drop-in group to learn about mindfulness through some brief guided exercises
1.15 - 2pm
Baillieu Library
Dulcie Hollyock Room

STUDYING ON THE SPECTRUM

REGISTER ONLINE
How to survive and thrive at Uni with Autism Spectrum Disorder (ASD)
Wed 19 Jul or Tue 05 Sep | 1 - 2 pm

QUESTIONING YOUR SEXUALITY?

REGISTER ONLINE
For those questioning their sexuality; a space for discussion, fun, ideas and support
Wed 23 Aug | 4 - 6pm

RESILIENCE *and* WELLBEING

Build resilience, manage stresses and live a happier more meaningful life
R U OK Day
Thu 14 Sep | 1 - 2pm
STOP 1, Level 1 - Room 109



Mental Health Workshops

REGISTER ONLINE

MENTAL HEALTH FIRST AID (MHFA) COURSES

Learn to recognize and assist someone developing a mental health problem or in crisis.

BLENDED MHFA for Tertiary Students

Complete the eLearning modules then come along to one of our monthly half-day sessions

OR 2 DAY MHFA

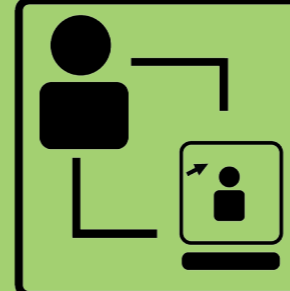
Wed 27 & Thu 28 Sep
9.30am - 4.30pm

BREAK FREE FROM ANXIETY

Learn skills and strategies to reduce everyday worry and anxiety.
Tue 26 Sep | 9.30am - 4.30pm

HEADS UP: LOOKING AFTER YOUR MENTAL HEALTH AT UNI

This 90 minute webinar covers common mental health issues experienced by students.
Tue 10 Oct | 1 - 2.30pm



Webinars

REGISTER ONLINE

SOCIAL ANXIETY

Fri 18, 25 Aug, 01 Sep | 12 - 1pm
This three week online program will help you understand social anxiety and offer strategies to overcome it.

OVERCOMING PROCRASTINATION

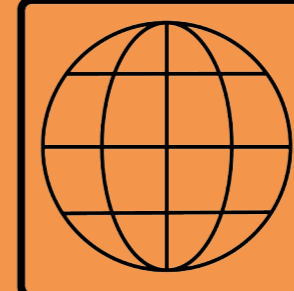
Thu 07 Sep | 12 - 1pm
Explore ways to stay on track and get things done

OPTIMISING FOCUS AND ATTENTION

Wed 13 Sep | 12 - 1pm
Train your attention, build concentration, remain calm and focused under pressure

MANAGE YOUR MOOD

Thu 21 Sep | 4 - 5pm
Learn to manage "self-talk" and improve your mood



International Student Workshops

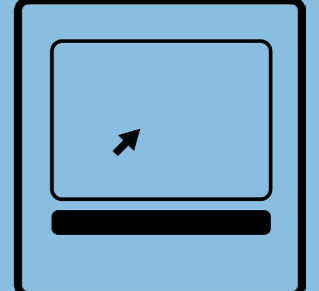
REGISTER ONLINE

DEVELOPING ROOTS AS AN INTERNATIONAL STUDENT

Supporting international students to build social connections in their new environment
Thu 20 Jul | 2 - 5pm

WELLBEING *and* ADJUSTMENT AS AN INTERNATIONAL STUDENT

An overview of strategies to promote wellbeing and adjustment
Tue 01 Aug | 1 - 2pm



Online 24/7 Resources

ASK COUNSELLING

Ask a question Online or browse questions other students have asked

SELF-HELP RESOURCES

online programs, audio podcasts information and more

ON DEMAND WEBINARS

Counsellors presenting on popular topics



Counselling and Psychological Services
www.services.unimelb.edu.au/counsel

Telephone: 8344 6927
Please call if you have any questions