International Student Workshops

Semester 1, 2018

Developing Roots as an International Student

Register Online – services.unimelb.edu.au/counsel
Thursday 22 February | 1.30pm – 4.30pm
Dulcie Hollyock Room, Baillieu Library

This 3-hour workshop is a space for international students to share and reflect on their social experience at UniMelb and support their adjustment to their new environment. We will discuss helpful ways to establish, extend your social network and deepen your relationships. We will also touch on general positive strategies for your wellbeing. All are welcome on the day.

Settling In Socially as an International Student

Register Online – services.unimelb.edu.au/counsel
Thursday 5 April | 2pm – 3.30pm
Thursday 10 May | 4.30pm – 6.00pm
Dulcie Hollyock Room, Baillieu Library

This group provides a safe place for international students to connect, share their experiences, and gain support from each other to enrich your experience at UniMelb.

Each group meeting will be facilitated by a counsellor from Counselling and Psychological Services and discuss topics like:

- Understanding and adjusting to cultural differences
- Building meaningful relationships
- Managing stress and maintaining wellbeing as an international student
- … and any topics of interest identified by group members.

Looking forward for you to join us for one group or both, across the semester! All are welcome on the day.

For more information, visit services.unimelb.edu.au/counsel

For further information please contact
Counselling & Psychological Services
8344 6927
services.unimelb.edu.au/counsel