Student Workshops and Webinars
Semester 1, 2019

Questions or need more information?
services.unimelb.edu.au/counsel
Call us at 03 8344 6927

Tuesday Workshops
Learn strategies to be at your best and get things done. No registration required.

Be Your Best
1 – 2pm
Stop 1, Level 1, Room 109
TUE 12 MAR
Build effective habits to improve your motivation and performance.

Creating Social Connections
Feel more confident and connected in social situations.
TUE 19 MAR

Overcoming Procrastination
Explore ways to stay on track and get things done.
TUE 26 MAR

Optimising Focus and Attention
Train your attention, build concentration, remain calm and focused under pressure.
TUE 02 APR

Assertive Communication
Learn to express yourself more clearly and confidently.
TUE 09 APR

Special Interest Workshops

Studying on the Spectrum
1 – 2pm
TUE 16 APR
How to survive and thrive at Uni with Autism Spectrum Disorder (ASD).

Coming/Living Out of Your Cultural Zone
Details Online
Struggling with sexuality because of cultural differences? Join a safe space for discussion, ideas and support.

Wellbeing Workshops

Mid-week Mindfulness
Every Wednesday 1:15 – 2pm,
Bailieu Library, Leigh Scott Room
Details Online
Learn about mindfulness through brief guided exercises. No registration needed - just drop in!

Resilience and Wellbeing
1 – 2pm
Stop 1 – Room 111
TUE 07 MAY
Build resilience, manage stress, and live a happier, more meaningful life.

Mental Health First Aid Training

Mental Health First Aid (MHFA) Training
WED 06 MAR to 03 JUL
Learn to recognise and assist someone developing a mental health problem or in crisis.
MHFA is offered in two formats:
Details online
Blended MHFA for Tertiary Students
Complete the eLearning modules then come along to one of our monthly half-day workshops.

OR
2-Day MHFA
Full course offered face-to-face across two days on the Parkville Campus.

Settling In Socially As An International Student

WED 06 MAR 1:30-3:30pm
THU 09 MAY 4-6pm
Share and reflect on your experience as an international student and extend your social network.
Gain support from Counsellors and other international students in learning ways to adjust to a new environment, build meaningful relationships and maintain positive wellbeing.

Social Anxiety Program

1 – 2pm
FRI 29 MAR
05 APR
12 APR
Three-week online program to help you understand social anxiety and offer strategies to overcome it.

Ask Counselling

Ask a question online or browse questions other students have asked.

Self-Help Resources

On the CAPS website, explore online mental health resources including recommended mental health information, self-help programs, audio files and apps.

Visit the Counselling & Psychological Services (CAPS) website for more information.
services.unimelb.edu.au/counsel

Thriving at University