Student Workshops and Webinars
Enhance your learning experience
Semester 2, 2018

International Student Workshops
Supporting international students to build social connections in their new environment. Join us across the semester to share your experiences and meet others.

Developing Roots As An International Student
Thu 19th July, 1:30-4:30pm
Register online - services.unimelb.edu.au/counsel

Settling In Socially As An International Student
Thu 6th September, 4-5:30pm
Thu 11th October, 4-5:30pm
Register online - services.unimelb.edu.au/counsel

Lunch Time Workshops
Tuesdays 1-2pm
Stop 1, Level 1 – Room 109
No registration required. Arrive early to ensure your seat.

Be Your Best – Tue 31st July
Strategies to help you get down to work and be your best.

Creating Social Connections – Tue 7th August
Feel more confident and connected in social situations.

Overcoming Procrastination – Tue 21st August
Explore ways to stay on track and get things done.

Optimising Focus and Attention – Tue 28th August
Train your attention, build concentration, remain calm and focused under pressure.

Assertive Communication – Tue 11th September
Learn to express yourself more clearly and confidently.

Special Interest Workshops
Resilience and Wellbeing – Thu 13th September, 1-2pm
Stop 1 – Room 111
No registration required.
Join us on R U OK? day to learn how to build resilience, manage stress and live a happier more meaningful life.

Studying On The Spectrum – Tue 18th September, 1-2pm
Register online - services.unimelb.edu.au/counsel
How to survive and thrive at Uni with Autism Spectrum Disorder (ASD).

Mid-Week Mindfulness
Every Wednesday 1:15-2pm
(Wed 25th July – Wed 21st November)
Baillieu Library, Dulcie Hollyock Room
Introductory drop-in group to learn about mindfulness through brief guided exercises.

Coming/Living Out Of Your Cultural Zone
Register expression of interest online - services.unimelb.edu.au/counsel
Struggling with sexuality because of cultural differences? Join a safe space for discussion, ideas, and support.

Mental Health Workshops
Mental Health First Aid (MHFA) Training
Learn to recognise and assist someone developing a mental health problem or in crisis. MHFA is offered in two formats:

Blended MHFA for Tertiary Students
Register online - services.unimelb.edu.au/counsel
Complete the eLearning modules then come along to one of our monthly half-day sessions.

OR
2-Day MHFA – please see our website for more detail.

Break Free From Anxiety
Tuesday 25 September, 9:30am – 4:30pm
Register online - services.unimelb.edu.au/counsel
Learn and practise skills and strategies to better manage everyday worry and anxiety.

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Webinars & Online Resources
Social Anxiety Program
Fri 17th, 24th and 31st August, 1-2pm
Register online – services.unimelb.edu.au/counsel
This three-week online program will 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
services.unimelb.edu.au/counsel
Explore recommended online mental health resources including good mental health information, online self-help programs, audio files, and apps.

Counselling & Psychological Services
services.unimelb.edu.au/counsel

Questions or need more information?
Call us at 8344 6927