Student Workshop Program
Semester 2, 2019

Enhance Your Academic Performance
1–2pm
TUE 06 AUG
Life skills to improve your motivation and performance.

Overcoming Procrastination
TUE 13 AUG
Explore ways to stay on track and get things done.

Creating Social Connections
TUE 27 AUG
Feel more confident and connected in social situations.

Optimising Focus and Attention
TUE 03 SEP
Train your attention, build concentration, remain calm and focused under pressure.

Assertive Communication
TUE 17 SEP
Learn to express yourself more clearly and confidently.

How to survive and thrive at Uni with Autism Spectrum Disorder (ASD).

Studying on the Spectrum
1–2pm
TUE 10 SEP
Mid-week Mindfulness
Every Wednesday 1.15–2pm, Baillieu Library, Leigh Scott Room

Coming/Living Out of Your Cultural Zone
Details Online
Struggling with sexuality or questioning gender identity from a different cultural perspective? Join a safe space for discussion, ideas and support.

Mental Health First Aid (MHFA) Training
3–5pm
WED 31 JUL and WED 09 OCT
Learn to recognise and assist someone developing a mental health problem or in crisis.

Break Free From Anxiety
2x Half-day or 1x Full-day, Monthly
Details Online
Learn and practise psychological skills to better manage stress and anxiety.

Resilience and Wellbeing
1–2pm
TUE 08 OCT
Build resilience, manage stress, and live a happier, more meaningful life.

Wellbeing Workshops

Social Anxiety Program
FRI 30 AUG
Three-week online program to help you understand social anxiety and strategies to overcome it.

Settling In as an International Student
3–5pm
WED 31 JUL and WED 09 OCT
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.

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, apps, and guided exercises.

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

Thrive at University