# Student Workshop Program

**Semester 1, 2020**

**Tuesday Workshops**

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Workshop</th>
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<tbody>
<tr>
<td>1–2pm</td>
<td>TUE 17 MAR</td>
<td>Creating Social Connections: Feel more confident and connected in social situations.</td>
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<tr>
<td>1–2pm</td>
<td>TUE 24 MAR</td>
<td>Assertive Communication: Learn to express yourself more clearly and confidently.</td>
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<td>TUE 31 MAR</td>
<td>Optimising Focus and Attention: Train your attention, build concentration, remain calm and focused under pressure.</td>
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<td>TUE 21 APR</td>
<td>Overcoming Procrastination: Explore ways to stay on track and get things done.</td>
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<td>TUE 28 APR</td>
<td>Resilience and Wellbeing: Build resilience, manage stress, and live a happier, more meaningful life.</td>
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**Special Interest Workshops**

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<tbody>
<tr>
<td>1–2pm</td>
<td>TUE 7 APR</td>
<td>Studying on the Spectrum: How to survive and thrive at Uni with Autism Spectrum Disorder (ASD).</td>
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<td>TUE 29 APR</td>
<td>Coming Out Of Your Cultural Zone: Struggling with sexuality or questioning gender identity from a different cultural perspective? Join a safe space for discussion, ideas and support.</td>
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**Wellbeing Programs**

- **Break Free From Anxiety**
  - Full-day, Monthly
  - Details Online
  - Develop and practise psychological skills to better manage stress and anxiety.

- **Mid-week Mindfulness**
  - Every Wednesday (Week 2 - 9)
  - 1.15–2pm, Baillieu Library, Leigh Scott Room
  - Learn about mindfulness through brief guided exercises.
  - No registration needed – just drop in!

- **Mindfulness for Stress Management for Graduate Researchers**
  - 6x 1-hr weekly sessions
  - Group program to develop a regular mindfulness practice to better manage stress. This program requires attendance of all 6 sessions and daily practice of 20 mins/day.

**International Student Programs**

- **Connecting and Thriving as an International Student**
  - 3–5pm WED 29 APR
  - There can be many changes and challenges to navigate as an international student, even if you’ve been living in Australia for some time! Reflect on your experience as an international student, connect with others, and gain support from each other to enrich your uni experience.

- **Self-Help Resources**
  - On the CAPS website, explore online mental health resources including recommended mental health information, self-help programs, apps, and guided exercises.

**Mental Health First Aid Training**

- **Mental Health First Aid (MHFA) Training**
  - Blended MHFA for Tertiary Students: Complete the eLearning modules then come along to one of our monthly half-day sessions.

**Social Anxiety Program**

- **Social Anxiety Program**
  - 1–2pm FRI 24 APR
  - Three-week online program to help you understand social anxiety and strategies to overcome it.

**International Student Programs**

- **CAPS and UMSU International Student Workshops**
  - In partnership with UMSU International, learn more about wellbeing and adjustment as an international student.

- **CAPS and GSA Graduate International Students Program**
  - Connect, share, and learn about wellbeing as a graduate international student in this 6-session program.

**Questions or need more information?**

- [services.unimelb.edu.au/counsel](services.unimelb.edu.au/counsel)
- Call us at 03 8344 6927