

Health, Wellbeing and Development Programs for academic and personal success

Semester 1, 2007
Clayton

Enquiries: Please direct your enquiries to the Contact person listed under the event or speak to Reception staff on ph. 9905 3156. You can also drop in at our Reception desk on 1st Floor, Campus Centre (Building 10), Western Extension or email your enquiry to community.services@adm.monash.edu.au

Cost: All of the groups are free to Monash University students and staff unless stated.

Bookings: You will need to book your place in each program before attending with the exception of the Weekly Meditation and Global Friendship Night.

Facilitators: These programs are facilitated by Psychologists or Social Workers from University Counselling Service unless otherwise stated.

Get SMART

(students)

Do you want to improve your learning outcomes?

Then Get SMART by doing this 4 week program which identifies strategies for success in your studies with a special focus on improving motivation and attitude, time management and stress reduction.

Date: Cycle 1 - Tuesdays 12 - 1 pm, 6 - 27 March

Cycle 2 - Tuesdays 12 - 1pm
24 April - 22 May

Location: Language and Learning Seminar Room, 1st Floor, Campus Centre

Contact: Anthony Lester

Getting Up From Down

(students)

A group program for students experiencing depressed mood.

This program offers support, education and skill building to help recovery from depression. It has a practical focus and Cognitive Behaviour Therapy (CBT) strategies and mindfulness approaches will be taught.

Entry to this program is by interview.

Date: Wednesdays 12.30 - 2 pm,
21 March - 23 May (8 sessions)

Location: To be advised

Contacts: Anne Silbereisen &
Nicola Williams

OZ talk

(students)

Are you an international student who wants to know what makes Aussies tick?

Then come to Oz talk, a weekly skill-building program for international students, where you will learn communication and social skills to help you succeed in and enjoy life at Monash University. The program is conducted by Jimmy Yeow, our International Outreach Counsellor and his team who know what it takes to adapt successfully to life in Australia.

Date: Every Tuesday 1 - 2 pm,
starting 27 February

Location: Cellar Room, Campus Centre.

Contact: Jimmy Yeow

Global Friendship Night

(students)

**Make new friends and find out about other cultures!
Free food provided.**

Come and enjoy a weekly social evening for international & local students who want to get to know other Monash students. These nights have different international themes and the food, games, music and dancing are always new and exciting. Why not come along and meet some new friends?

Date: Mondays 6 - 8.30pm, starting 5 February

Location: Cellar Room, Campus Centre

Contact: Jimmy Yeow

International Student Friendship Program

(students and staff)

A program to help ease your transition to life in Australia.

The International Student Friendship Program helps international students make friendly contacts in Australia by matching them with a local person or family. This is an excellent way to learn about the local community and broaden your cultural experience while in Australia.

Contact: Renee de Simone, International Student Friendship Program Coordinator

No Worries!

(students)

A program for managing anxiety.

This supportive treatment group will teach you how to manage anxiety in whatever form you may experience it. It is a skill building and education based program for developing positive coping strategies.

Entry to this program is by interview.

Date: Fridays 1 – 2.30 pm, 23 March - 25 May (8 sessions)

Location: Language and Learning Seminar Room, 1st Floor, Campus Centre

Contact: Anthony Lester

Weekly Meditation Class

(students and staff)

Meditation Sessions: Relax, concentrate and learn mindfulness.

At our regular weekly meditation sessions you are introduced to simple mindfulness practises including "Watching the Breath" and "Listening". Students and staff who attend find that these 30 minute sessions can significantly enhance their relaxation, concentration and mindfulness in their work and study.

Date: Tuesdays 1.15 - 1.45pm, Starting 27 February

Location: Narthex, Religious Centre

THRIVE © at Work

(staff)

This very successful stress reduction program is open to all staff at Monash University.

THRIVE's main focus is on the environmental, behavioural, physiological, cognitive and emotional factors which underpin stress and often lead to illness that can disrupt both work and personal life. Participants will learn some very useful life skills such as relaxation, worry control, values clarification, how to combat procrastination, assertiveness techniques and how to sleep better.

All participants receive a workbook provided by Student and Community Services Division and a Relaxation CD.

Contact: Lesley Freeman

Fee: \$10

<http://www.adm.monash.edu.au/community-services/thrive/index.html>

Cultural Competency

(staff)

Are you culturally competent?

These workshops are for staff wishing to increase their cultural intelligence and confidence in relating to others from different cultures.

Gain a better understanding of the different cultural competencies which include communication styles, values, social and professional expectations.

Contact: Jimmy Yeow

Stress Busters

(students)

Do exams stress you out?

This session will give you practical techniques for dealing with pre-exam jitters and being in the examination room. You will be taught calming breathing & visualisation techniques, relaxation exercises and ways to combat negative self-talk.

Date: Tuesday 1 - 2pm, 29 May

Location: Language and Learning Seminar Room, 1st Floor, Campus Centre

Contact: John Waters

Short Course Meditations

(students and staff)

Meditation experts will introduce participants to their meditation discipline.

Mind Body Evolution

In this new program Anthony Wemyss will introduce you to simple hands on healing and meditation using music, visualisations, silence, candle gazing and focussed breathing and mantras.

Date: Thursdays 12.30- 2pm, 8th March – 3 May (8 sessions)

Location: Narthex, Religious Centre

Facilitator: Anthony Wemyss, Therapeutic massage therapist

Contact: John Waters

Fee: \$5 per session

The Jesus Prayer

The Jesus Prayer is a key element of meditation in the Eastern Orthodox Christian tradition. It involves the repetition of a prayerful phrase and a prayer rope is often used to facilitate concentration.

Date: Thursdays 1.15 – 1.45 pm, 1 - 29 March (5 sessions)

Location: Room G11A, Religious Centre

Contact: Fr Geoff Harvey, Eastern Orthodox Chaplain

Fee: Gold coin donation