Health, Wellbeing and Development
Programs for academic and personal success

Semester 2, 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.

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 Class and Global Friendship Night.

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

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**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.

**Cycle 1**: Tuesdays 12 – 1 pm, 31 July – 21 August

**Cycle 2**: Tuesdays 12 – 1 pm, 11 September – 9 October

**Location**: HWD Seminar Room, 1st Floor, Campus Centre


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**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**: Every Monday, 6 – 8.30 pm
**Location**: Cellar Room, Campus Centre
**Contact**: Jimmy Yeow

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**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**: Thursdays 12.30 – 2 pm, 16 August – 11 October (8 sessions)
**Location**: HWD Seminar Room, 1st Floor, Campus Centre
**Contacts**: Anne Silbereisen & Nicola Williams
**Friendship Program**

*Coordinator, International Student*

**Bookings:** HWD Reception Desk

**Contact:** Renee de Simone, Coordinator, International Student Friendship Program

**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 program is by interview.

**Date:** Mondays 1 – 2.30 pm, 30 July – 17 September  
(8 sessions)  
**Location:** HWD Seminar Room, 1st Floor, Campus Centre  
**Contact:** Anthony Lester

**Spirituality At Work**

*Centres: (students and staff)*

This series of seminars/workshops will review and discuss elements and benefits of spirituality in the workplace. It takes account of an ongoing interest in wellbeing at every level of life and the role of positive spiritual values in increasing personal and communal resilience and for resolving negative stress effects.

**Date:** Wednesdays 1 – 2 pm, 29 August – 19 September  
(4 Sessions)  
**Location:** Narthex, Religious Centre, (Building 9)  
**Contact:** Dr. Barry Rogers  
**Bookings:** HWD Reception Desk

**Weekly Meditation Class**

*(students and staff)*

**Meditation Sessions:** Relax, concentrate and learn mindfulness.

At our regular weekly meditation class you are introduced to simple mindfulness practices 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:** Wednesdays 1.15 – 1.45 pm, ongoing  
**Location:** HWD Seminar Room, 1st Floor, Campus 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 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  

**Exam 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 12 – 1 pm, 16 October  
**Location:** HWD Seminar Room, 1st Floor, Campus Centre  
**Contact:** Shyama Fuad

**Short Course Meditations**

*(students and staff)*

**Mindfulness Meditation**

Interested in managing stress or improving your mental & physical health?

Mindfulness is a gentle but powerful way of improving focus, relaxation, objectivity & clarity of mind. It uses meditation practices and strategies to help change unproductive thought & behaviour patterns.

**Date:** Thursdays 1 – 2 pm, 26 July – 16 August (4 sessions)  
**Location:** Narthex, Religious Centre, (Building 9)  
**Facilitator:** Dr Craig Hassed, General Practitioner & Senior Lecturer, Medical Faculty  
**Bookings:** HWD Reception Desk

**Tibetan Buddhist Meditation**

An introduction to Tibetan Buddhism comprising stabilising meditations to develop concentration and calm, some discussion of Buddhist mind-training, and analytical meditations to investigate how our thinking affects our experience of the world.

**Date:** Thursdays 1– 2 pm, 23 August – 27 September (6 sessions)  
**Location:** Room G11A, Religious Centre, (Building 9)  
**Facilitator:** Allies Andrews  
**Bookings:** HWD Reception Desk  
**Fee:** Gold Coin Donation

**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