

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.

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

Register Online at:

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

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

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

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, 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

This series of seminars/workshops will review and discuss elements and benefits of spirituality in the workplace. It takes account of an upsurge of 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 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: 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

[http://www.adm.monash.edu.au/
community-services/thrive/index.html](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

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: Allys Andrews

Bookings: HWD Reception Desk

Fee: Gold Coin Donation