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.

Mondays 12 - 1 pm, 10 March – 7 April (4 sessions)
Location: HWD Seminar Room, 1st Floor, Campus Centre
Register Online at:

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 the program is by interview.

Mondays 1 - 2.30 pm, 10 March - 5 May (8 sessions)
Location: HWD Seminar Room, 1st Floor, Campus Centre
Contact: Anthony Lester

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.

Monday 12-1pm, 26 May.
Location: HWD Seminar Room, 1st Floor, Campus Centre
Contact: Shyama Fuad

Global Friendship Night (students)

Make new friends and find out about other cultures

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?

Tuesdays, 6 - 8.30pm (from 18 March)
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.

Thursdays 12.30 - 2 pm, 6 March – 24 April, (8 sessions)
Location: HWD Seminar Room, 1st Floor, Campus Centre
Contact: Nicola Williams

Peer Mentor Program (students)

This program pairs up current student who are Mentor volunteers with new international students so as to assist with the new students adjustment to life at Monash.

Online info and application:
http://www.monash.edu.au/international/peermentor/
**International Student Friendship Program**
(students and staff)
This program helps international students make friendly contacts in Australia by matching them with a local person or family to learn about the local community and broaden your cultural experience while in Australia.

**Online info and application:**
www.monash.edu.au/friendship

**Language Exchange Program**
(students)
This program involves international students offering to help local students who are studying a foreign language – Japanese, Bahasa Indonesia, Korean or Chinese. In exchange, international students receive assistance with English communication and friendly interaction with locals.

**Online info and application:**

**Family Support Program**
(International students)
This program aims to enhance the Australia experience of international students with families who study across all campuses. Social gatherings and introductory meeting are held to provide opportunities to meet other families for fun and friendship.

**Online info and application:**
http://www.monash.edu.au/international/al/familysupportprogram/

**Late Arrival/Orientation Program**
(International students)
The Late Arrival Program is held daily from the end of Orientation week through to week three. The program assists students who are new to Monash, Clayton and Melbourne. The program is also available on request for research students who arrive outside of the mainstream orientation period.

**Location:** Activity Centre, Monash School Holidays
**Cost:** $3.00 and a piece of fruit for shared morning tea
**Contact:** Janita Grant
issu.clayton@adm.monash.edu.au

---

**Weekly Meditation Class**
(students and staff)
**Meditation Sessions:** Relax, concentrate and learn mindfulness. At our regular weekly meditation class you are introduced to simple meditation practices. Students and staff who attend find that these simple sessions can significantly enhance their relaxation, concentration and mindfulness in their work and study.

**Wednesdays 1.15 - 1.45pm,**
Location: Narthex, Religious Centre
**Contact:** Nicola Williams

**Short Course Meditations**
(students & staff)
**Meditation - From Intellect to Intuition**
In this introduction to the five stages of Western meditation you will learn how to direct your mind inwards and develop your mental focus, creative intelligence and intuitive awareness.

**Thursdays 1-2 pm,**
**6 March – 17 April (6 sessions)**
Location: Narthex, Religious Centre
**Contact:** John Waters

**Spontaneous Yoga Meditation**
Spontaneous meditation uses vital energy (prana) to help relax and energise the body-mind and bring it into harmony. Note: Please bring a yoga mat or blanket as we sit on the floor in this session.

**Thursdays 1-2 pm,**
**1 May – 5 June (6 sessions)**
Location: Narthex, Religious Centre
**Contact:** John Waters

**Koonawarra playgroup**
The playgroup was established to assist the students and staff who are parents/carers of preschool aged children with developing networks within the local community, as well as providing for social interaction, English conversation support and cultural exchange.

**Tuesdays 10am-12pm (except school holidays)**
Location: Activity Centre, Monash University Church, Princess Highway (corner Koonawarra Street), Clayton North
**Contact:** Janita Grant
Cost $3.00 and a piece of fruit for shared morning tea

**Monash University School Holiday Program**
(staff & students)
**Online info and application:**
www.adm.monash.edu.au/community-services/family
**Contact:** Janita Grant

---

**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.**

**All participants receive a workbook provided by Student and Community Services Division and a Relaxation CD.**
**Contact:** Lesley Freeman
Fees: $10

**Spirituality in the Workplace**
(staff)
Staff breakfasts with coffee, croissants and conversation with a guest speaker on topics related to spirituality.

**Tuesday 11/3, 8.00-9.30am (Buddhist spirituality)**
Location: Narthex, Religious Centre
**Contact:** Judy Bowman, Chaplain
Cost: $10.00

---

**Eastern Orthodox Christian Discussion Group**
(students & staff)
**Location:** Room G11A, Religious Centre
**Contact:** Fr. Geoff Harvey, Chaplain

---

**Silent Prayer**
(students & staff)
This session starts with 20 minutes of silent prayer and meditative music, followed by 20 minutes of Taize style meditation and prayer to help people reflect on the past week and prepare for the next.

**Fridays 1.15- 2.00pm (Starts 29 February)**
Location: Religious Centre Main Chapel.
**Contact:** Rev. Hoon You, Chaplain

**Christ Conversations**
(students)
A contemplative exploration of the nature of Jesus, based on the Gospel of Mark and a book by Cistercian monk, Michael Casey.

**Tuesdays, 1-2pm**
Location: Room G13, (Chaplains’ Office), Religious Centre.
**Contact:** Judy Bowman, Chaplain

---

**Pancakes On Tuesdays**
(students)
Every Tuesday in semester Fusion Australia provide a free pancake brunch for students at the Cellar Room in the Campus Centre.
**Every Tuesday, 9.30-10.30am**
Contact: Judy Bowman, Chaplain