

Health, Wellbeing and Development

Programs for academic and personal success

Semester 1, 2008

Clayton

www.hub.monash.edu.au

Enquiries: Please direct your enquiries to the contact person listed under the event by contacting the HWD Hub by phone: **9905 3156** or by email to: hub.clayton@adm.monash.edu.au (active from 4 March 08), 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 staff from Health Wellbeing and Development, Clayton, 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

Mondays 12 - 1 pm, 10 March – 7 April (4 sessions)

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

Register Online at:

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

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

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

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

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:

<http://www.monash.edu.au/international/languageexchange/index.html>

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/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.

2-3pm, 25 Jan – 7 March

Location: HWD Hub (Reception desk), 1st Floor, Campus Centre

For more information email:

issu.clayton@adm.monash.edu.au

Farewell Program

(International students)

This popular program is held at the end of each semester for those completing their course. This fun day includes sessions on employment, networking skills and graduation proceedings with a draw for the prized academic koalas and a professional photographer in attendance.

For more information email:

issu.clayton@adm.monash.edu.au

Catholics At Monash

See group programs at :

<http://monashcatholics.blogspot.com/>

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. Students and staff who attend find that these 30 minute 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 Uniting 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. 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>

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)

Tuesday 17/6, 8.00-9.30am - TBA

Location: Narthex, Religious Centre.

Contact: Judy Bowman, Chaplain

Cost:\$10.00

Eastern Orthodox Christian Discussion Group

(students & staff)

Wednesdays 7.30-9.00pm

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