

Health Counselling & Disability Services

Semester 1, 2012

Free Lunchtime Workshops



To be held on the Plaza, Room 0013 (under the Library stairs) on Tuesdays and Wednesdays 12noon to 1pm. No booking required, just register on the day at the venue. Limited space so be early to ensure a seat!

Getting off to a Good Start - Wednesday, 7 March

Come and discover some simple and proven strategies to help you perform effectively from day one. This workshop will cover study strategies, how to motivate yourself, deal with stress, time management and other practical tips to ensure you get off to a good start.

Relaxation Strategies - Tuesday, 20 March

Life inevitably brings with it stress and anxiety. Take a little time out from study to calm your body and your mind. We will be using simple strategies, including mindfulness, that you can access on a daily basis to help manage stress and improve concentration.

Surfing the Highs and Lows - Wednesday, 4 April

Are changing moods getting you into difficulties with study, friendships or any other parts of your life? This workshop introduces some new ideas on dealing with difficult thoughts and feelings as well as some steps you can take to enjoy life more. Students who would like to assist a friend with low mood are also welcome.

Putting off Procrastination - Wednesday, 2 May

Do you sometimes find yourself stuck and can't get started? This workshop assists you to overcome procrastination by exploring new ways to plan more effectively and get things done before the last minute.

Relaxation Strategies - Wednesday, 16 May

Life inevitably brings with it stress and anxiety. Take a little time out from study to calm your body and your mind. We will be using simple strategies, including mindfulness, that you can access on a daily basis to help manage stress and improve concentration.

Peak Performance for Exams - Tuesday, 29 May

Do you freak out before exams? What are the secrets of successful students? In this workshop we will discuss ways to enhance exam preparation and performance on the day.

Further information contact Health Counselling & Disability Services on 8201 2118 or visit: www.flinders.edu.au/current-students/healthandcounselling/