

ACADEMIC SUCCESS PROGRAM (ASP) 2008

Workshop Schedule – Semester 2, 2008



These free workshops have been especially designed to assist students to be proactive and manage effectively their academic progress. The workshops will be offered each semester.

Visit the Student Services website www.swinburne.edu.au/stuserv/counselling to book your place in a workshop. This website also has online tools, as well as further information about resources and services available to assist you to improve your academic performance.

Making the most of your time

Further study can have a huge impact on other areas in your life especially if you have other important commitments such as work and family. Learn ways to organise your time so you have balance in your life.

Make stress work for you

Understanding the pressures and stress in your life is not easy. This workshop will help you develop practical ways for organising yourself, improving your problem solving technologies, and reducing your stress levels.

Getting and keeping motivated

Feeling that your enthusiasm and interest in your course is running low? This workshop will show you various ways of getting your motivation back so you can focus on your study goals.

Preparing for exams

Learning how to prepare for exams is a set of unique skills. In this workshop you will learn how to make the most of your preparation time, how to put exams into perspective and deal with exam anxiety. You will be given professional tips about how to handle the day of the exam.

Workshop	Date	Time	Where
Making the most of your time	Monday 11 th August	11.00am – 12.00noon	Seminar Room SPS 144
	Wednesday 13 th August	12.30pm – 1.30pm	
	Monday 8 th September	11.00am – 12.00noon	
	Wednesday 10 th September	12.30pm – 1.30pm	
	Monday 6 th October	11.00am – 12.00noon	
	Wednesday 8 th October	12.30pm – 1.30pm	
Make stress work for you	Tuesday 19 th August	11.00am – 12.00noon	Wakefield Street Hawthorn
	Thursday 21 st August	12.30pm – 1.30pm	
	Tuesday 16 th September	11.00am – 12.00noon	
	Thursday 18 th September	12.30pm – 1.30pm	
	Tuesday 14 th October	11.00am – 12.00noon	
	Thursday 16 th October	11.00am – 12.00noon	
Getting and keeping motivated	Wednesday 27 th August	11.00am – 12.00noon	Seminar Room SPS 144
	Thursday 28 th August	12.30pm – 1.30pm	
	Wednesday 24 th September	11.00am – 12.00noon	
	Thursday 25 th September	12.30 pm – 1.30 pm	
	Wednesday 22 nd October	11.00am – 12.00noon	
	Thursday 23 rd October	12.30pm – 1.30pm	
Preparing for exams	Monday 1 st September	11.00am – 12.00noon	Wakefield Street Hawthorn
	Tuesday 2 nd September	12.30pm – 1.30pm	
	Monday 29 th September	11.00am – 12.00noon	
	Tuesday 30 th September	12.30pm – 1.30pm	
	Monday 27 th October	11.00am – 12.00noon	
	Tuesday 28 th October	12.30pm – 1.30pm	

Further information

Student Development and Counselling
Swinburne University of Technology
Telephone: 9214 8025
<http://www.swinburne.edu.au>



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