

ACADEMIC SUCCESS PROGRAM (ASP) 2011

Workshop Schedule – Semester 1, 2011



These free workshops have been especially designed to assist students to be proactive and effectively manage 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 to develop practical ways of organising yourself, to improve your problem solving strategies, and to reduce 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
Module One Making the most of your time	Monday 14 th March	11am – 12noon 2pm – 3pm	The George Room 4.09
	Wednesday 23 rd March	11am – 12noon 2pm – 3pm	
	Monday 28 th March	11:00 am – 12:00 pm	
	Tuesday 29 th March	12:30 pm – 1:30 pm	
	Wednesday 4 th May	11:00 am – 12:00 pm	
Thursday 5 th May	12:30 pm – 1:30 pm		
Module Two Make stress work for you	Tuesday 15 th March	11am – 12noon 2pm – 3pm	
	Thursday 24 th March	11am – 12noon 2pm – 3pm	
	Monday 4 th April	11:00 am – 12:00 pm	
	Tuesday 5 th April	12:30 pm – 1:30 pm	
	Wednesday 11 th May	11:00 am – 12:00 pm	
Thursday 12 th May	12:30 pm – 1:30 pm		
These sessions will be followed by 30 mins Meditation (optional)			
Module Three Getting and keeping motivated	Wednesday 16 th March	11am – 12noon 2pm – 3pm	The George Room 4.09
	Monday 21 st March	11am – 12noon 2pm – 3pm	
	Monday 11 th April	11:00 am – 12:00 pm	
	Tuesday 12 th April	12:30 pm – 1:30 pm	
	Wednesday 18 th May	11:00 am – 12:00 pm	
Thursday 19 th May	12:30 pm – 1:30 pm		
Module Four Preparing for exams	Thursday 17 th March	11am – 12noon 2pm – 3pm	
	Tuesday 22 nd March	11am – 12noon 2pm – 3pm	
	Tuesday 19 th April	11:00 am – 12:00 pm	
	Wednesday 20 th April	12:30 pm – 1:30 pm	
	Monday 23 rd May	11:00 am – 12:00 pm	
Thursday 26 th May	12:30 pm – 1:30 pm		
"Getting Back on Course" day with all four modules	Friday 18 th March International	10am – 12noon (Lunch) 1pm – 3pm	TBA
	Friday 25 th March Local Students	10am – 12noon (Lunch) 1pm – 3pm	

Further information

Student Development and Counselling

Swinburne University of Technology

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<http://www.swinburne.edu.au>



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