MEET PLAY LIVE

STUDENT WELLBEING AT CURTIN

23-02-2015
Welcome
Mat Dartch : Student Wellbeing Adviser

- Introductions
- Faculty Feud
MEET

• **CHLOE LEOPOLD** - Bachelor of Commerce Student
• **DYLAN HEYWOOD** - Bachelor of Psychology Student
• **ALYSON CHIN** - Bachelor of Arts/Bachelor of Commerce Student
Student Experience Talk
Chloe Leopold

Studying Commerce in the School of Business

Majoring in Marketing and Management

From Perth, Western Australia

Went from year 12 to University
More than just “Study”

Practical Experience

Flexible Study Options

Variety of Facilities

Industry Opportunities

Help and Support
Uni life = Balanced Lifestyle!

STUDY

Experience

FITNESS & SPORT

HOBBIES

Leadership

SOCIAL LIFE

Friends

Work

Family

Learn

Volunteer

STUDENT OPPORTUNITIES
Sports and Recreation

Netball

Curtin University
CURTIN STADIUM

Unigames
Social Sports
Competition Sports

Team sport is good for the soul
Go SLAMBASSADORS! =D
Volunteering and Curtin Programs

- Curtin Student Guild
- AIME (Australian Indigenous Mentoring Experience)
- CV Program
- The Mentor Program
- Student Box
- Curtin Leadership Centre
- John Curtin Leadership Academy
Volunteering Opportunities
Friends & Social life
The Music Apartment's
TALENT SHOW
Saturday 10th May 403 Ken Hall 7pm

ALL ACTS ARE WELCOME PRIZES FOR 3 WINNERS
REGISTER BEFORE THE 8TH OF MAY

FOR MORE INFO:
EMAIL: THEMUSICAPARTMENT@GMAIL.COM

OR CALL: 0424648980/0430973940
MIDO SAMANTHA

Rhythmos Auditions
Curtin's new a cappella choir is holding auditions for Semester 2!

If you're musically talented with a wicked enthusiasm for Singing, high-quality a cappella and teamwork,
We want to hear from you!!

When: 3 & 4th July 2014
Time: 3-6pm
Where: Dance Studio 205:125C

Get in touch:
https://www.facebook.com/rhythmoschoir
rhythmoschoir@gmail.com

PLEASE EMAIL rhythmoschoir@gmail.com TO BOOK AN AUDITION TIME

Please note: We will mainly be looking for Sopranos, Tenors and Basses, but Alts are most welcome to audition!
**The Soda Club Presents**

**GAME NIGHT**

5th June
5:30 PM
Art Studio
202.125

FREE ....... MEMBER ENTRY
05 ......... GENERAL ENTRY
08 ........... ENTRY + SIGN UP

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**WiECD**

**FLUOR**

**woodside bhp billiton**

**Cocktail Night for Women in Engineering Curtin Division**

**LLAMA BAR**

Venue: 1/464 Hay St Subiaco
Date: Friday 11th April
Time: 8pm-12am
Cost: $10 Members
$15 Non Members

Tickets Available at
Basement Cafe
12-1pm
Starting from
Thursday 27th March
Until Sold Out

Find us on Facebook
For more updates
on evnts.
www.wiecd.org.au
www.womenining.curtindiv@gmail.com
Curtin Debate Club Presents!

**WWJD?**

Would Jesus Vote Greens?

12pm at the Guild Courtyard on June 11th
GAMES AND PRIZES

www.facebook.com/curtindebateclub

Curtin Film Society Presents:

3 FREE SCREENINGS OF

3 COOL MOVIES

SAFETY NOT GUARANTEED

THURSDAY MARCH 27
4-6 PM - BANKWEST LT 200.220

Hobo with a Shotgun

FRIDAY APRIL 4 5-7PM
KEN HALL LT 403.101 BRING ID!

Blackfish!

WEDNESDAY APRIL 9
12-2 PM KEN HALL LT

FACEBOOK.COM/GROUPS/CURTINFILMSOCIETY
This Week at Curtin

Belle Voix
Sculpture Garden
Mon 2nd (11am - 1pm)

Don Smith
Roving
Tues 3rd (11am – 1pm)

Famous Sharron
Roving
Wed 4th (11 - 1pm)

Pete Flude
Sculpture Garden
Thur 5th (11am – 1pm)

Tahnee McKay
Aroma Cafe
Fri 6th (11am - 1pm)

Giant singalong
The Pines 9th April 11am to 2pm
COME AND SING TO YOUR FAVE KARAOKE TUNES
Join the giant Karaoke singalong and post on Instagram #curtinsingalong

Proudly brought to you by Curtin University
Philippa Baker - Sports Coordinator – Curtin Stadium
Sport & Recreation

Register a team for Evening Social Sport

Registrations open online for the Autumn season.

Get a team together and choose from one of our nine sports.

Enter your team before Sunday 1 March 2015.
LIKE us on Facebook!
CURTIN STADIUM

EVENING SOCIAL SPORTS

9 sports to choose from – and anyone can play!

For more information and to register, go to curtinstadium.edu.au/socialsport

Make tomorrow better.

curtinstadium.edu.au
An awesome new Summer Lovin’ program of activities and adventures. Starts March 9 and runs till April 24. Register now at curtinstadium.edu.au
20% OFF
STUDENT MEMBERSHIPS
SIGN UP AND SAVE! ALL STUDENT UP FRONT 12-MONTH MEMBERSHIPS DISCOUNTED FROM 23 FEBRUARY UNTIL 8 MARCH 2015. CONDITIONS APPLY

TRY CURTIN STADIUM FOR FREE!
Register for your free visit to the Fitness Centre or a group fitness class by completing your details on our website. Go to curtinstadium.edu.au for more.

Curtin University
CURTIN STADIUM
BUILDING 111

FIND US
Building 111
Bentley Campus
RecFest
Friday 27 Feb 2015, 1-5pm

Make tomorrow better.
curtinstadium.edu.au
LIVE
HELEN HESSELBERG : START Student Wellbeing Adviser
LIVE WELL = MONEY MATTERS

FIND A JOB

- Curtin Careers & Employment Centre
  Building 303 : Level 2
- Orientation ‘Career Hub Crash Course’
Today at 2.00pm Building 213:101
Reduce Financial Stress - *Create a Budget* .......

- **Student Assist** - Budgeting Advice
- **MoneySmart** - Taking charge of your money
LIVE WELL = Financial Support

Fees Payment Assistance

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CRICOS Provider Code 00301J

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LIVE WELL - Financial Support

Scholarships at Curtin

Are you eligible for a Scholarship?? The answer could be YES!

Find out at 3.00pm today

O-Week Scholarships Information (Building 213:101)
LIVE WELL = Financial Support

Student Guild - Student Assist

**Bookshop Grants**
Last day to apply **6th March**.
Notified on **11th March**

**Tax Help**

**Reboot Computer Grants**

**Emergency Relief**

**Student Guild Reception:**
Building **106F**
Email: reception@guild.curtin.edu.au
Phone: 9266 2900
Toll Free: 1088 063 865
MONEY MATTERS

Centrelink – Income support payments like ABSTUDY, Austudy and Youth Allowance
LIVE WELL = Financial Help at Curtin

LIVE WELL = Eat Well

Plan Your Food Budget

- Prepare a weekly budget
- Plan your meals around how much you have to spend

$$_{23-02-2015}^{23-02-2015}$$
LIVE WELL = Eat Well

Budget Recipes

- Look for nutritious, easy to prepare budget recipes
LIVE WELL = Eat Well

Easy, Delicious Recipes
LIVE WELL = Eat Well

Shop Smart Tips

- Don’t shop when you are feeling hungry
- Make a shopping list and stick to it
- Look for supermarket special and coupons
- Buy in bulk with a group of friends
- Cook large quantities and freeze for easy meals on busy days!
LIVE WELL = Eat Well

FOOD CENTS

A smart way of spending your money on food to balance your diet & your food budget.

Welcome to FOODcents

Many people believe that unhealthy foods are cheaper than healthy alternatives. This simply is not true. Your dollars are better spent on healthier foods which are less processed and have travelled less.

Tweet tweet
Are you wasting money on superfoods? http://bit.ly/1S0x80E

Find out more about Eat Smart, Shop Smart, Cook Smart and Move Smart.
LIVE WELL = Eat Well

Save on campus

- Avoid expensive ‘fast - food’ option
- Prepare and bring your lunch and snacks from home
- Fill your water bottle at filter water pumps around the campus
- A coffee a day? 
LIVE WELL = Keep Active

- Cycle to the campus
LIVE WELL = Keep Active

- Walk! Run! Swim!
- Sign up for team activities and fund raisers
- Start Yoga classes

Celebrate, Remember, Fight Back!

23.02.2015
LIVE WELL = Sleep Well
LIVE WELL = Stay Safe

- Curtin Security Services
- Western Australian Police

CRIME STOPPERS
1800 333 000

Police 131 444
Save 000 for emergencies
Press ‘1’ for immediate police attendance
Press ‘2’ to report an incident that does not need immediate police attendance
Press ‘3’ for general information and other matters

MEET PLAY LIVE
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23.02.2015
LIVE WELL = Need Help?

Student Wellbeing Advisory Service

- 1800 244 043
- studentwellbeing@curtin.edu.au
Counselling and Disability Services
Doing the prep and preventative work
Counselling services

The Counselling Services Team offers Curtin staff and students a safe professional environment to deal with any issues affecting work or study. We provide a free and confidential service that focuses on short-term therapy. Contact us on 9266 7850.

Counselling services for on-campus students
Counselling and advice on studying, careers, relationships and living in Australia.

Counselling services for regional and online students
CDS also supports students who are enrolled online or from a regional location.

Contacts and appointments
Find out how to make an appointment, contact us, provide feedback or make a complaint.

Employee Assistance Program (EAP)
Staff have two options through which they may access counselling support.
Counselling programs for students

The Counselling Service organises group workshops for Curtin University students each semester. Find out more about the programs, including locations and schedules. Please note that there are NO FEES for student programs.

- **Introduction to Mindfulness**
  A 2 hour introduction to mindfulness and the benefits it provides its many practitioners.
- **Mindfulness Based Stress Management Online**
  An 8 week course for students, staff and spouses run entirely online.
- **Stress and Anxiety Skills Group**
  A 6 session group aimed at teaching participants to better manage stress and anxiety.
- **Overcoming Procrastination**
  Does doing the cleaning suddenly become more appealing when you should be studying?
- **Mindfulness Based Stress Management (MBSM) for Students**
  Need help managing stress and have an openness in mindfulness? This group may be for you.
- **Opening doors**
  An 8 week group for women seeking to build confidence in a safe and fun environment.
- **Presentation Anxiety**
  A group for anybody who feels ill at the thought of speaking in front of their peers.
- **Relaxation**
  Take a break from a busy work/study schedule to learn how to better deal with stress.
SOC training and workshops

The SOC team organises a range of group workshops open to students at Curtin, and in some cases, students living in Curtin housing. Find out more about what's on offer this semester here.

- **Finding Cents in Your Dollar**
  - Get help to take of your mind, body and finances here.

- **Sharing Affection Not Infection**
  - A workshop about health, sex and safety.

- **The Difference: International Students Support Group**
  - A 2 hour meal and greet group about studying in a new country.

- **A Better Deal: Supporting future clients with mental health issues**
  - This 1 day course equips students to better deal with future client's mental health needs.

- **Careers workshop**
  - Wondering about career prospects?

- **Stress Reduction**
  - Need help to better manage your stress? Read on...

- **Immigration and migration information workshop**
  - Wondering what to do Visa wise once you graduate? Look no further...
Monitor, monitor, monitor, monitor!
MoodGYM
TRAINING PROGRAM

Learn cognitive behaviour therapy skills for preventing and coping with depression

Login >

or

Sign Up >

Select language:

English

Seeking immediate help?

In Australia contact Lifeline: 13 11 14 or Kids Helpline: 1800 551 800
Local help lines for other parts of the world are listed at befrienders.org

MoodGYM was developed by

▶ e-hub Mental Health at the
▶ National Institute for Mental Health Research

Technical Requirements | FAQ | Donate | Privacy
TAKE ACTION BEFORE THE BLUE TAKES OVER

3 million Australians are living with anxiety or depression

_beyondblue_ is working to reduce the impact of anxiety, depression and suicide in the community by raising awareness and understanding, empowering people to seek help, and supporting recovery, management and resilience.

How can we help you?

- Learn about anxiety
- Learn about depression
- Take a 1 minute checklist

In focus

- Tori Johnson memorial fund
- Julia Gillard to join Board of beyondblue

Join our online community

- Access our forums and talk it through with our community

Learn more >
Getting Help
Welcome to the Consumer Resources section

If you suffer from a condition that is affecting your mental health and are looking for specific information about different types of problems then the information packages, or InfoPax, listed below may be relevant to you. The InfoPax consist of a number of modules that you can complete online, or you can save the modules to your computer and work through them onscreen in your own time. Alternatively, you can print out the modules and work through them by hand.

We strongly encourage you to talk to your local doctor or a mental health professional about your difficulties as the information provided in the resources are NOT a substitute for proper diagnosis or treatment by an appropriate health professional. Please refer to the full disclaimer regarding the information on this website before making use of these resources.

PDF Documents

Many of the documents on this website are in PDF format. You will need a PDF reader such as Adobe Reader® in order to view the documents. You can download the free pdf reader from Adobe at http://www.adobe.com.

If you would like to download briefer handouts and worksheets, please click here to be directed to our Mental Health Practitioners resource section.

Assert Yourself

Improving your Assertiveness. Being assertive is an important communication skill which can reduce your levels of depression and anxiety and improve your self esteem. This information package is designed to provide you with some information about assertiveness – what it is, what stops us from being assertive and how to become more assertive. This information package is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before moving on to the next. Each module includes information, worksheets, and suggested exercises or activities.

Back from the Blue

Coping with Depression: This InfoPax is designed to provide you with some information about depression and suggested strategies for how you can manage your mood. It is organised into modules that are designed to be worked through in sequence. Although it is not necessary that you complete one module before moving on to the next, this is recommended. Each module includes information, worksheets, and suggested exercises or activities.

Building Body Acceptance  

Overcoming Body Dysmorphia: This information package is designed to provide you with some information about body dysmorphic disorder - how it develops, how it is maintained and how to address this problem. It is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before moving onto the next. Each module contains information, worksheets, and suggested exercises or activities.

Facing Your Feelings

Overcoming Distress Intolerance: This information package is designed to provide you with some information about distress intolerance and suggested strategies for managing distressing or uncomfortable feelings more effectively. This information package is organised into modules that are designed to be worked through in sequence. Although it is not necessary that you complete one module before going on to the next, this is recommended. Each module includes information, worksheets, and suggested exercises or activities.

Helping Health Anxiety

Overcoming Health Anxiety: This InfoPax is designed to provide you with some information about health anxiety, including how it develops, how it is maintained, and how to decrease your health worries and concerns. It is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before going on to the...
About Curtin Counselling, Disability and Multi-faith Services

- Free
- Confidential
- Culturally sensitive
- Experienced professional staff
- Accredited by IACS
Services Available

- Counselling
- Disability
- Social Support Services
- Multi-Faith
Counselling

- Available to staff and students

- Offers:
  - Individual counselling
  - Group therapy and workshops
  - Organisational advice about policies and procedures
  - Online self help resources
Common Issues Raised with Counsellors Include:

- Emotional difficulties
- Mental health problems
- Relationship difficulties
- Substance abuse
- Crisis and trauma
- Study difficulties
- Organisational Support
- Understanding university policies and procedures
- Physical disabilities and health related problems
- Cross-cultural problems
- Homesickness
Disability Services

- Support for students with disabilities or medical conditions
- Advice on University policies and procedures
- Assistance with access, specialized equipment, alternative exam arrangements (Equity Exams) and other support needs
- Located @ CDS (Bentley campus), Building 109, level 2 (lift access)

Phone: (08) 9266 7850
Email: disability.services@curtin.edu.au
Website: disability.curtin.edu.au
Disability Services

Curtin Access Plan (CAP)

- Outlines type and level of support required by a student with a disability or medical condition.
- Developed by Disability Advisor in consultation with the student.
- Student has control of their own information and support needs.
- Valid until review date noted on CAP.
- Recommendations are negotiable – any questions contact Disability Advisor.
Social Support Services

- The student support advisor assists students with social wellbeing concerns.
- Individual consultation
- Help with creating a plan focusing on your goals. And ways to reduce or prevent social wellbeing issues and welfare concerns
- Liaison with different organisations on and off campus, which strive to support your specific needs
- Emergency relief support
Common issues raised with the Social Support Advisor include:

- Accommodation concerns
- Nutritional needs
- Family or domestic violence concerns
- Hygiene concerns
- Medical issues/hospitalisations (liaison with hospital, support agencies and family members)
- Transportation issues
- Multiple concerns
- Financial hardship
Location

- **Bentley:**
  Phone: (08) 9266 7850 or 1800 651 878 or go to reception in building 109, level 2.

- **Other campuses:** A limited service is available at all other Curtin campuses. Contact CDS reception for information.

- **Website:**
Hours

- **Bentley Campus:**
  
  8am – 6pm Mon- Thurs  
  8am – 4.30pm Fri

- A Triage Counsellor is available at designated times each day to briefly see clients for urgent matters without an appointment.
  
  9 - 11a.m. Mon- Friday  
  1-3p.m. Mon-Friday
- https://moodgym.anu.edu.au/welcome
LIVE - SOUL

SOUL: HELEN HESSELBERG - START Student Wellbeing Adviser
LIVE WELL = Nurture Your Soul

Multi-faith Services

- Your *spiritual* needs
- Facilitates *religious life* in the university
- Connects students to *local faith communities and religious clubs*
- Organise a quiet place for *prayer and meditation*
- Answer your *questions about faith* and spirituality
Friendship

Communities

Faith

Personal Growth

Meditation
LIVE WELL = NURTURE THE SOUL

Multi-Faith Officer, Janet Augustinsen
Tel: +61 8 9266 3714
Fax: +61 8 9266 3052
Email: multifaith@curtin.edu.au
Web: Faith services and facilities

MEET PLAY LIVE

Embrace the TOTAL campus experience to guarantee that being a Curtin student becomes one of the best chapters of your life