

ACADEMIC SUCCESS PROGRAM (ASP) 2012

Workshop Schedule – Semester 1, 2012



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	Tuesday 13 th March	11am – 12noon 2pm – 3pm	GS Level 4 Workshop Room
	Monday 19 th March	11am – 12noon 2pm – 3pm	
	Monday 26 th March	11:00 am – 12:00 pm	
	Tuesday 27 th March	12:30 pm – 1:30 pm	
	Wednesday 2 nd May	11:00 am – 12:00 pm	
	Thursday 3 rd May	12:30 pm – 1:30 pm	
Module Two Make stress work for you	Wednesday 14 th March	11am – 12noon 2pm – 3pm	
	Tuesday 20 th March	11am – 12noon 2pm – 3pm	
	Wednesday 4 th April	11:00 am – 12:00 pm	
	Thursday 5 th April	12:30 pm – 1:30 pm	
	Monday 7 th May	11:00 am – 12:00 pm	
	Tuesday 8 th May	12:30 pm – 1:30 pm	
Module Three Getting and keeping motivated	Thursday 15 th March	11am – 12noon 2pm – 3pm	GS Level 4 Workshop Romm
	Wednesday 21 st March	11am – 12noon 2pm – 3pm	
	Monday 16 th April	11:00 am – 12:00 pm	
	Tuesday 17 th April	12:30 pm – 1:30 pm	
	Wednesday 16 th May	11:00 am – 12:00 pm	
	Thursday 17 th May	12:30 pm – 1:30 pm	
Module Four Preparing for exams	Friday 16 th March	11am – 12noon 2pm – 3pm	
	Thursday 22 nd March	11am – 12noon 2pm – 3pm	
	Tuesday 24 th April	11:00 am – 12:00 pm	
	Thursday 26 th April	12:30 pm – 1:30 pm	
	Monday 21 st May	11:00 am – 12:00 pm	
	Wednesday 23 rd May	12:30 pm – 1:30 pm	
All day ASP workshops with all four modules	Friday 23 rd March	10am – 12noon Lunch 1pm – 3pm	Room SPW 226

Further information

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



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