Counselling and Psychological Services

Skillshop Topics:

1. Overcoming Exam Anxiety
2. Beating Procrastination
3. Staying Focussed and Motivated
4. Managing Your Stress
5. Thinking and Feeling Great
6. Controlling Your Worries
7. Being Resilient
8. Being More Mindful
9. Asserting Yourself
10. Improving Your Zzz’s
11. Expanding Your Social Network
12. Workplace Etiquette
13. Enjoying Your Work

Our service offers a range of by-request psycho-educational Skillshops to UWA staff and students. These are designed to enrich the participant’s psychological well-being and academic confidence. The wide variety of topics available are designed to meet the needs of a range of faculties, departments, student groups, and residences.

If you would like to address a topic that isn’t listed we can tailor a Skillshop to your particular needs. Skillshops generally run for 50 minutes but this may vary depending on the content. You will need to have a minimum of ten confirmed attendees to book a Skillshop.
Workshop Request Form

Faculty / Department: ____________________________

Name of Workshop: ____________________________

Venue (please tick):

  CAPS Venue (Student Services)

  Own Venue

If own venue, please specify the following:

  Location: ____________________________

Equipment available (mark with x):

  Projector

  Laptop

  Stationery

Target audience: ____________________________

Potential dates:

1. ____________________________

2. ____________________________

3. ____________________________

Number of attendees: (Minimum of 10) ____________________________

Contact Person: ____________________________

Telephone: ____________________________

Email: ____________________________

Fax: ____________________________

Please fax the completed form to Counselling and Psychological Services on +61 8 6488 1189 / for attention Sian Boyle.

** Please note: Responsibilities of Faculty / Unit / Department / Organization to organise venue and catering if required.