

SKILLS FOR LIFE PROGRAMME - SEMESTER 2 2011/2012

WORKSHOPS Feb 2012 – June 2012

ALL WORKSHOPS ARE FREE TO STUDENTS AT THE UNIVERSITY OF SHEFFIELD. PLACES ARE STRICTLY LIMITED AND ARE ALLOCATED AS FIRST COME FIRST SERVED.

DROP-IN WORKSHOPS: NO NEED TO BOOK, SIMPLY TURN UP ON THE DAY TO REGISTER.

BOOKABLE WORKSHOPS: BOOKING FORMS ARE AVAILABLE TO DOWNLOAD FROM THE COUNSELLING SERVICE WEBSITE OR OUR RECEPTION AT 36 WILKINSON STREET. BOOKING FORMS WILL BECOME AVAILABLE 4 WEEKS BEFORE A WORKSHOP.

LATECOMERS WILL NOT BE ADMITTED

WORKSHOP	DATE	VENUE	TIME
COPIING WITH BEREAVEMENT (BOOKABLE)	TUESDAY 14 TH FEBRUARY 2012	VENUE DETAILS WILL FOLLOW CONFIRMATION OF PLACE	2.15PM – 5PM REGISTRATION FROM 2PM
TIME MANAGEMENT SKILLS (BOOKABLE)	FRIDAY 17 TH OF FEBRUARY 2012	VENUE DETAILS WILL FOLLOW CONFIRMATION OF PLACE	1PM – 2.30PM REGISTRATION FROM 12.45PM
INTRODUCTION TO ASSERTIVENESS (BOOKABLE)	WEDNESDAY 22 ND FEBRUARY 2012	VENUE DETAILS WILL FOLLOW CONFIRMATION OF PLACE	10AM – 1PM REGISTRATION FROM 9.45AM
PUBLIC SPEAKING FOR THE TERRIFIED (BOOKABLE)	WEDNESDAY 29 TH FEBRUARY 2012	VENUE DETAILS WILL FOLLOW CONFIRMATION OF PLACE	12PM – 3PM REGISTRATION FROM 11.45AM
OVERCOMING WRITER'S BLOCK (<u>undergraduate</u> students only) (BOOKABLE)	WEDNESDAY 7 TH MARCH 2012	VENUE DETAILS WILL FOLLOW CONFIRMATION OF PLACE	10AM – 1PM REGISTRATION FROM 9.45AM
HOW TO COPE WITH STRESS (BOOKABLE)	MONDAY 12 TH MARCH 2012	VENUE DETAILS WILL FOLLOW CONFIRMATION OF PLACE	1.30PM – 4.30PM REGISTRATION FROM 1.15PM
ACADEMIC STRESS WORKSHOPS	FRIDAY 11 TH MAY 2012	VENUE DETAILS WILL FOLLOW CONFIRMATION OF PLACE	10AM – 4PM REGISTRATION FROM 9.45AM

RELAXATION FOR ALL – EVERY TUESDAY OF TERM, STARTING TUESDAY 24TH JAN UNTIL 15TH MAY. EACH 'RELAXATION FOR ALL' WORKSHOP IS RUN ON A DROP IN BASIS. PLACES ARE LIMITED AND ALLOCATED AS FIRST COME FIRST SERVED. COME ALONG TO AS MANY OR AS FEW SESSIONS AS YOU LIKE.

PLEASE BRING YOUR U-CARD.

RELAXATION FOR ALL	VENUE	TIME
DATES: TUESDAY 7TH FEB – 15TH MAY 2012 (EXCLUDING VACATION WEEKS) INCLUDES VARIOUS GUIDED AND NON-GUIDED RELAXATION TECHNIQUES.	SKILLS FOR LIFE, 317 GLOSSOP ROAD	1.10PM - 1.45PM Register from 1.00PM

OASIS – RELAXATION SPACE – TO BOOK A PLACE, PLEASE EMAIL skillsforlife@sheffield.ac.uk WITH THE DATE AND TIME OF YOUR PREFERRED SESSION.

PLEASE BRING YOUR U-CARD.

OASIS – RELAXATION SPACE	VENUE	TIMES
DATES: TUESDAY 22 ND MAY 2012 TUESDAY 29 TH MAY 2012 TUESDAY 5 TH JUNE 2012	VENUE DETAILS WILL FOLLOW CONFIRMATION OF PLACE	11.30AM AND 1.15PM (EACH SESSION LASTS APPROX 60 MINS)

LATECOMERS WILL NOT BE ADMITTED

GROUPS February 2012 – June 2012

GROUPS ARE PRE-BOOKABLE THROUGH A SHORT MEETING WITH THE GROUP'S FACILITATOR.

TO ARRANGE A MEETING: PLEASE CONTACT OUR RECEPTION AT 36 WILKINSON STREET (NO. 122 ON CAMPUS MAP) OR TEL: 0114 222 4134 AS SOON AS POSSIBLE. PLACES ARE LIMITED AND ALLOCATED ON A STRICTLY FIRST COME FIRST SERVED BASIS.

N.B. ASSESSMENTS MUST BE BOOKED IN ADVANCE OF DEADLINES FOR REFERRALS TO GROUPS. DEADLINES ARE USUALLY A COUPLE OF WEEKS PRIOR TO THE GROUP STARTING. FOR MORE INFORMATION PLEASE CONTACT OUR RECEPTION.

TO JOIN A GROUP YOU WILL NEED TO BE ABLE TO ATTEND **ALL** OF THE SESSIONS OF THAT GROUP.

GROUP	DATE	VENUE	TIME
BEHAVIOURAL ACTIVATION FOR DEPRESSION	THURSDAYS, 16 TH FEB – 29 TH MARCH 2012 (RUNS OVER 7 WEEKS) REFERRAL DEADLINE: 2/2/12	UNIVERSITY COUNSELLING SERVICE, 36 WILKINSON STREET	5.15PM – 7PM
'SO YOU'D LIKE A BIT MORE CONFIDENCE?'	TUESDAYS, 20 TH MARCH – 8 TH MAY 2012 (RUNS OVER 5 WEEKS WITH A 3 WEEK BREAK OVER EASTER) REFERRAL DEADLINE: 09/03/12	SKILLS FOR LIFE, 317 GLOSSOP ROAD	2.30PM – 4.30PM

**TO VIEW WORKSHOPS SPECIFICALLY FOR THE SHEFFIELD GRADUATE AWARD
PLEASE GO TO**

<http://www.shef.ac.uk/counselling/services/skillsforlife/award>

PLEASE NOTE THAT THERE IS NO WHEELCHAIR ACCESS AT THE SKILLS FOR LIFE BUILDING. IF YOU WISH TO ATTEND A WORKSHOP/GROUP PLEASE CONTACT US AS SOON AS POSSIBLE TO ENABLE US TO MAKE ALTERNATIVE ARRANGEMENTS.

www.shef.ac.uk/counselling/services/skillsforlife