



The University Of Sheffield.



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University Counselling Service.

Our Skills for Life programme is designed to give a boost to your life skills – skills and techniques to meet challenges that life presents to us all. These practical skills can be used at work, at home, with friends and for your own well-being – throughout your life!

Where is Skills for Life?

Skills for Life is located at 317 Glossop Road – opposite the Careers Service and just a few minutes walk from the Students' Union

We are on the University campus map, grid reference D4, 140
You can contact us in the following ways:
Tel: 0114 222 4134
Email: skillsforlife@sheffield.ac.uk
Web: www.sheffield.ac.uk/counselling/services/skillsforlife

This leaflet is available in other formats – please ask



**Learning to Live
Learning to Learn
Learning to Be**

Skills for Life

Our Skills for Life programme is designed to give a boost to your life skills – skills and techniques to meet the challenges that life presents to us all. These practical skills can be used at work, at home, with friends and for your own well-being – throughout your life!

Learn skills in four key areas:

- Managing your academic and exam pressures
- Developing relationship skills
- Managing stress and low mood
- Promoting health and well-being

Managing academic and exam pressures

Topics include:

- Positive thinking for exams
- Coping with the demands of your PhD
- Overcoming writer's block
- Overcoming procrastination
- Revision skills

Developing relationship skills

Topics include:

- Being more assertive
- Coping with relationship problems
- How to be more confident
- Coping with bereavement
- Long-term group therapy

Managing stress and low mood

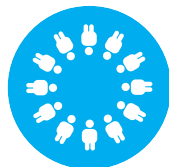
Topics include:

- Overcoming depression
- Coping with stress

Promoting health and well-being

Topics include:

- OASIS relaxation space
- Weekly relaxation sessions
- How to get a better night's sleep
- Light therapy taster sessions



What is Skills for Life?

Skills for Life is run by the University Counselling Service through a series of groups and workshops, an ideal environment to learn new skills with other students who are facing similar challenges. The groups and workshops are staffed by counsellors, trained group workers and other professionals brought in for their particular expertise.

“Pairing up really worked for me because you can actually relate more to your partner than you can with a counsellor. Talking to other students and realising that we have the same fears etc. really calmed me down.”



Sheffield Graduate Award

Skills for Life supports The Sheffield Graduate Award. If you attend four Skills for Life workshops you will be eligible to include this within your graduate award application.

For further information about the guidelines and rules of attendance, please visit:
www.shef.ac.uk/counselling/services/skillsforlife/award

“The sessions are friendly, inviting and useful in everyday life.”

“The environment; always provided us a safe and non-judgmental atmosphere within which to talk about our feelings.”



How do I book a place?

Workshops are usually single events lasting 1–3 hours on specific topics. Some workshops require you to fill out a booking form which can be found on our website. Other workshops are run on a drop-in basis – so you can just turn up! Places are limited though, and are allocated on a strictly first-come-first-served basis.

Keep up to date with our programme by visiting our website:
www.sheffield.ac.uk/counselling/services/skillsforlife

Groups are run over several sessions and need a commitment from the people who join. If you are interested in joining a group you can contact us and we will invite you to meet with the group facilitator. This meeting offers an opportunity for you to learn more about the group. Occasionally a group work course may not be suitable, in which case we will help you to find appropriate alternative support or help. Groups and workshops are confidential and vary in size up to a maximum of 12 people.

“The relaxation techniques and time management ideas were most helpful.”